

Postoperative Knee Dressing Change Instructions

Change your dressing at home on postoperative day 3 and keep your incisions clean, dry, and covered until your suture removal appointment.

- **ACL, QUAD, HTO, TTO, MPFL, and meniscectomy knees:** First place xeroform on stitches; secondly lay the sterile gauze over the xeroform, and lastly place the Tegaderm clear occlusive dressing and make sure to seal the edges. If desired, wrap an Ace wrap snugly over the dressings to add compression.
- To see a video demonstration of how to change the dressing, please go BrianDavisMD.com, click on the “Patient Info” tab and select “Post-Op Instructions” from the dropdown menu. Alternatively, go to the following URL or **scan the QR code** below:



www.coloradosportsmeddoc.com/post-op-instructions-orthopedic-surgeon-broomfield-boulder-co/

****NOTE: Do not place any other ointments (i.e. Neosporin, petroleum, or scar creams), alcohol or hydrogen peroxide on your stitches, until you're instructed to do so by Dr. Davis.****

When you shower, please cover your stitches so they stay dry. Do not take baths or soak in any form of water until you are instructed that you may do so by Dr. Davis.

- **Knees** - Please remove your dressing and place water proof band aids or Saran Wrap over your stitches before showering.
 - ACL, Micro fracture patella or Trochlea procedures for the first 2 weeks please sit in the shower while bathing.
 - HTO / QUAD / Micro fracture Medial or Lateral Femoral Condyles and Meniscus Repair procedures for the first 6 weeks please sit in the shower while bathing.

For all procedures that require a brace, please take the brace off for showering, however, please put the brace back on at all times, even when sleeping.

For all knee procedures: the white TED hose stockings need to be worn on both legs (14 days) at all times, except for when showering or if they need to be hand washed.

*****You may ice for 20 minutes on and 40 minutes off*****

If you require any additional pain medication refills, please contact our office, as pain medication cannot be called into a pharmacy per the FDA