



Department of Surgery
DIVISION OF ORTHOPAEDIC
SURGERY

Département de chirurgie
DIVISION DE CHIRURGIE
ORTHOPÉDIQUE

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POST-OPERATIVE INSTRUCTIONS FOR PATIENTS AFTER OSTEOTOMY KNEE SURGERY

Pain Control

You will be given a prescription for pain killers on discharge from the hospital. These may be taken “as required”. You may take Tylenol, ASA or Advil instead as the pain decreases.

Crutches/Weight Bearing

You may partially weight bear on the leg with crutches and await further instructions.

Dressings/Showering

The dressing consists of an elastic bandage, gauze, and sutures into the skin wound. After one day you may remove the bandage and gauze and place band-aids on the skin incision. You may shower on the third post-operative day. You may then remove the band-aids and leave the wound exposed to air.

Follow-up/Physio

You will be given a follow-up appointment approximately two weeks after surgery. At that time, your requirement for physiotherapy will be assessed and physio may be started depending on swelling, pain and surgery performed.

Questions/Concerns

If there are any concerns beyond what has been mentioned, do not hesitate to call the office during working hours at 613-737-8081. If you are concerned that this is an urgent matter, there is 24-hour coverage available at the General Campus of the Ottawa Hospital, and you can simply present yourself to the Emergency Department and be assessed in that fashion.