

SIMON W. YOUNG

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Specialist Orthopaedic knee Surgeon, Associate Professor*

MINOR SURGERY Post-Operative Care

1. WOUND CARE

After surgery you will have waterproof dressings covering the incisions, these should be left on and kept dry. Showering is okay as long as you do not point the water at the dressings, but do not swim or soak in the bath. It is expected to have some blood ooze on the dressing. If the dressing falls off or loses its seal, it can be replaced with another simple dressing.

The sutures used are absorbable. After 12-14 days the dressings can be removed and let the adhesive strips (steristrips) peel off by themselves. After 3 weeks when the wounds are completely healed you can swim/bath again.

2. PAIN & SWELLING

It is expected to have some discomfort and swelling in the first few weeks. Elevation and icing (15-20 minutes, three times a day) can help control swelling in the first 72 hours following surgery. Take your pain medication (prescription provided) regularly.

3. EXERCISING

If you have a sling or splint, it is provided to you for comfort and you can discard this when you feel able to do so. Mr Young will discuss with you whether physiotherapy is required.

It is important not to drive or operate machinery in the first 48 hours after the operation.

The return to work is usually 1 – 2 weeks after the surgery depending on the nature of the work you do. A medical certificate can be provided to you prior to leaving the hospital.

FOLLOW UP

Wendy will typically arrange a follow up appointment 6-8 weeks after the surgery, please liaise with her to ensure the date and time is suitable for you.

If you have any concerns prior to your appointment please
phone 09 521 9849 or email ortho@axisportsmedicine.co.nz

After hours or if the query is urgent you can contact
Simon Young on 021 616 183 or email simon.young@auckland.ac.nz