



The Leg Bones Clinic

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Post-Operative Management after Knee Fracture Fixation Surgery

Bandages & Dressings

- Keep them clean & dry, use a large plastic bag around your leg for showers.
- Leave the dressings intact until your review appointment in 2 weeks.
- Minor bleeding is sometimes possible in the first 24-48 hours. If this persists, or if there is redness, temperatures or offensive discharge, please contact me urgently.

Plasters, Splints & Braces

- Your splint or brace should be firm and supportive.
- If the splint or brace feels overly tight, elevate your knee for 5 minutes. If there is no improvement, loosen the outer bandage or adjust the straps.
- Conversely, if it feels loose, or the swelling has greatly subsided, you can tighten the straps or outer bandage as necessary.

Pain & Swelling Management

- Make sure to elevate and ice your knee as much as possible for the first 3 days.
- Ice for 20 minutes at a time.
- When lying down, elevate the knee to the heart level with pillows.
- When seated, rest the leg on a chair or foot rest.
- Take simple analgesics such as paracetamol regularly to reduce the discomfort.

Mobilising & Exercises

- You can move the joints above and below the surgical site. Move them at least 3 times each day, with 20 repetitions of toes, ankle and hip movements.
- To prevent unwanted stresses to the healing sites, you will need at least 6 weeks of protected weight bearing.
- The brace will start at 0-30 degrees, with small amounts of bending allowed.
- A focused rehabilitation program will be planned with you after the first review.

Emergencies & Concerns

- I always prefer to know if there is a problem before you go to your GP as I am responsible for your post-operative care.
- if you have any concerns, please contact me at The Leg Bones Clinic, on 1300 65 64 88. Alternatively, you can also call John Flynn Hospital switchboard on 07 55989000
- You can also email me on my website www.legbones.com.au, under "Contact Us". Please note this method is not suitable for emergencies.
- In the unlikely event that you cannot contact me regarding a problem, please present to your closest hospital or GP clinic for assessment and ask your treating doctor to call me.

Follow Up

- Please phone The Leg Bones Clinic to make a follow-up appointment 2 weeks after your operation unless this was already organised for you.