

Miscellaneous surgeries package Dr. Grondin (www.drgrondin.com)

AROM=active range of motion PROM=passive range of motion. All periods of time mentioned are with respect to the operative day. WBAT=weight bearing as tolerated (full weight is allowed on the leg). NWB=no weight bearing. NWB means no body weight on the leg but the weight of the leg itself can rest on the ground.

You must have someone stay with you for the first 24 hours after the operation because the analgesic medication will make you somnolent and not fully autonomous.

Ice or commercial gel packs that can be put in the freezer are very useful in controlling the swelling and pain post operatively.

Call the post op center at 514 890 8086 or Info-sant  (811) or your local CLSC if: you have a temperature above 38 C for more than 24 hours, if redness around the wound develops (it is normal to have the entire limb colored pink by the antiseptic used but it is abnormal to have a deeper and painful red region to develop around the incision), if the wound drains beyond the first 24-48 hours, if pain that can't be relieved by elevation and medication persists, and if a constant (and not only from time to time) calf pain persist beyond the first 48 hours.

Organized physiotherapy, if prescribed, begins 3 to 10 days after the operation, but call right away to reserve your place. **(514 890 8301) (point-de-chute.chum@ssss.gouv.qc.ca)**

You will be given an appointment to see your surgeon between 2 and 21 days post operatively **(514 890 8051)** to make sure your recovery is progressing well. At the CHUM, delays are frequent but show up on time to register.

Once registered, no need to worry about leaving for 20-30 minutes while you wait for your turn, to go eat or pay the parking meter, you will not lose your place in line. In the worst case scenario, you will lose 20-30 minutes if we call you while you are absent. Expect to spend 1-4 hours at the CHUM (times vary) at each visit.

Total Shoulder and Reverse Shoulder Replacement

Keep the dressing on and dry until the appointment at 2 weeks. Once the interscalene block wears off you can take the sling off and move the elbow at will. For one month, don't actively move the shoulder far away from the body (No further than 30 degrees away from the body). You can type on the computer and eat with the operated limb but don't do anything with the arm far away from the body like comb your hair or place dishes in the cupboard for 1 month. Strengthening starts at 2 months but is limited to 10 Lbs far away from the body for life.

Meniscal Root repair.

Keep the dressing on and dry for 2 weeks (until first visit). NWB in crutches for 6 weeks. AROM and PROM of the knee/ankle is encouraged. Flexion of the knee is kept to below 90 degrees for 6 weeks. All knee twisting when weight bearing is avoided for 4 months and all pivoting sports is avoided for 6 months.

High Tibial Osteotomy.

Keep the dressing on and dry for 2 weeks (until first visit). Take aspirin (80mg twice a day) for 2 weeks to prevent blood clots. NWB in crutches for 4 to 6 weeks. AROM and PROM of the knee/ankle is encouraged. Strengthening/physical activities is generally allowed 3 months but often takes 4+ months to be well tolerated.