

Orthopaedic Specialist of Texas

15400 Southwest Freeway, Suite 100, Sugar Land, TX 77478
281-565-8800

Timothy Sitter, MD

VMO or Collateral Ligament Repair (Knee)

Before Surgery

1. Do not eat or drink anything after midnight the night before surgery. Note: If you take medication on a daily basis, you may take your medication in the morning with a sip of water.
2. If you take a blood thinner of any kind including Aspirin, Plavix, Coumadin, Ibuprofen, Mobic, Naproxen, Vitamin E, diet pills, or herbs, stop taking the medication at least 7 days before surgery. You may continue to take Celebrex up until your surgery day.
3. Please arrive at the hospital at the specified time.
4. This is a day surgery so please have someone there to take you home after surgery.

After Surgery

1. Bandages will be changed one week post op. Keep incisions dry.
2. You may place a plastic bag over your bandages to shower.
3. Use cryo-cuff or ice bag given to you at the hospital 3-4 times per day for 20-30 minutes at a time for 1 week, and then as needed.
4. You may ice and elevate your leg to decrease swelling.
5. You may walk with crutches or walker without putting any weight on the leg that was operated on for approximately 2 weeks while wearing IROM brace. You are to wear your knee brace at all times.
6. You will be initially immobilized post op and the degree of motion will be increased at each post op visit.
7. If your right knee was operated on, you may not drive for at least 2 weeks.
8. You may start taking all of your previous medications after surgery.
9. You will return to the clinic 10 – 14 days after surgery to have your stitches removed and for a post-operative check up.
10. Physical therapy will contact you prior to surgery to set up appointments for rehab following surgery.

Note: Any paperwork that needs to be filled out for disability needs to be dropped off at the front desk. The fees for paperwork are posted at the checkout counter. Payment must be received before papers will be filled out. Allow 5-7 business days to complete.