

Home Supplies For Your Surgery

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Dr. Alaia has given you directions concerning the care of your incision after you leave the hospital. He has told you when you can take a shower and how to handle your dressing changes. If you have questions, please feel free to clarify with our staff any instructions prior to leaving the hospital.

Open Surgery

- A. Open knee surgery:**
 - a. You will need a 9" by 3" water proof dressing for fourteen days. Also, a box of 4" by 4" gauze sponges.
- B. Open hip surgery:**
 - a. You will need two 9" by 3" dressings (total length of 18") for fourteen days. Also, a box of 4" by 4" gauze sponges.
- C. Open shoulder surgery:**
 - a. You will need a 3" by 3" water proof dressing for fourteen days. Also, a box of 4" by 4" gauze sponges.

Arthroscopic Surgery

- A. For Arthroscopic shoulder, knee, or elbow surgery:**
 - a. You will need a 3" by 3" water proof dressing or Band-aids for 4-5 days. Also, a box of 4" by 4" gauze sponges. You will usually have two to three scope sites.
- B. Local-area Walmart and K-mart have the water proof dressings, but they are a special order item and you will have to purchase these through their pharmacy.**