Emergency Department

Knee Brace
Advice for your return home

You need to wear a knee brace. This document provides information about treatment and monitoring after leaving the hospital.

Why do you need to wear a brace?

○ Ligament injury

○ Fracture

○ Patellar dislocation

○ Wound

○ Other: _____

The knee brace will help stabilize your joint and relieve your pain.

What is your treatment?

Please wear your brace **day and night** until reassessment by a specialist. You may remove it for showering, ensuring you avoid twisting movements.

Recommendations to follow

Rest	**To prevent swelling** Prioritize rest periods. Avoid standing all day.
Elevate the leg	**To prevent swelling** Whenever possible, keep your leg horizontal.
Ice	**To prevent swelling** Apply an ice pack as follows: First two days: 10 min, 10 times per day. Days 3 to 9: 10 min, twice per day.
Walking (To be checked by your practitioner)	○ Walk with weight-bearing as tolerated, without crutches. ○ Walk with weight-bearing as tolerated, using crutches. ○ Walk using crutches without placing weight on the injured side.
Sports	Do not engage in sports until reassessed by a specialist.
Medications	Take medications as instructed by the medical team and as prescribed on your prescription.

What happens next?

To be completed by the practitioner:

○ You have an **orthopedic consultation** on _____ at _____ (If you cannot attend or wish to reschedule, please contact **021 314 27 98** as soon as possible).

○ You will be contacted for a **Sports Medicine consultation** (If you do not receive a response within **5 business days**, please call **021 314 94 06**).

○ Schedule an appointment with your **general practitioner** within **7 days** for a clinical follow-up.

If you received a radiology referral:

Schedule an appointment promptly with a radiologist or at CHUV Radiology (021 314 44 44). The results will be sent to the specialist and discussed during your consultation.

? For any further questions, please contact your **general practitioner** or the **pharmacist** who provided your treatment.

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