

Surgery Center of Pinehurst

Home Instructions for Arthroscopic ACL Reconstruction

The degree of discomfort and swelling you will experience depends on what was actually done inside your knee. The following guidelines are to assist you in the first few days after surgery and should answer some of the questions you may have.

Bandages:

The leg that was operated on is wrapped with cotton bandages and covered with an ace wrap. This is to provide compression and decrease swelling. If the bandages become too tight, you may unwrap the outer (ace) wrap and re-wrap it more loosely. You may completely remove the bandages 3 days after your surgery and place bandaids over each incision (surgical cuts in the skin). Keep the incisions clean and dry until I see you at your follow-up appointment in 7 to 10 days.

Activity:

We recommend limiting your activity for the first 48 hours after surgery. Walking should be limited to what is necessary and reasonably comfortable. You may put weight on the leg that was operated on, but you must lock your brace in full extension (fully straight) and use crutches. We also advise that you elevate the leg with a pillow under your ankle (not under your knee) for the first 48 hours as well. This will help to decrease the amount of swelling you may have in the foot and ankle.

Medication:

Prescriptions of a strong pain killer (hydrocodone with acetaminophen) and an anti-inflammatory will be provided and are usually necessary for the first few days after surgery. Please take them as directed on your prescription. They may cause stomach upset, nausea and sometimes even constipation. Please eat prior to taking the medications and drink plenty of water to stay hydrated. After a few days, Tylenol may be used instead of the pain killer. If you experience severe nausea with the medicine, please contact our office for further instructions/prescriptions.

Follow up appointment:

This appointment will be with Dr Casey. We will remove the bandages and sutures, examine the incisions and review your surgery. Please bring your operative pictures with you so that we may discuss them further.

Physical Therapy:

Your first physical therapy appointment should be within a 3-5 days of surgery. Please take a copy of Dr Casey's ACL Rehabilitation Protocol with you. This will guide your next 6 months of recovery.

Arthroscopy is surgery and can be associated with post-operative complications. Things to watch out for and contact the office are:

If any of these issues occur or if you have any questions, please contact our office at 910-235-9767

Bleeding: Some bleeding is **NORMAL**. However if the bandage becomes soaked or the bloody area is larger than the size of a hand, please contact the office.

Fever: Temperature of more than 101 degrees.

Pain: that is unrelenting and/or increasing.

Difficulty breathing or calf pain.

Dr. Casey Office: 910-29*5-9767