



IMPORTANT REMINDERS REGARDING YOUR ACL SURGERY AND MENISCAL REPAIR

Dr. Singer

Your surgery facility will call you the day before surgery to let you know what time you are to arrive. Please be sure to bring your surgery folder and walker/crutches with you. Please discontinue any vitamins, minerals, or herbs 10 days prior to surgery: If you have a question regarding taking a medication the night before or morning of surgery please contact your surgical facility for instruction.

You have just undergone anterior cruciate ligament reconstruction AND meniscal repair. Although the incision may be small, a significant amount of surgery has been done. The operation has involved the use of arthroscopic fluid where bleeding surfaces have been exposed to the fluid and some leakage may occur on the dressing. If the dressing should become soaked and wet with blood, please reinforce it with dry sterile dressing. Please contact the office immediately or report to the emergency room if excessive bleeding has occurred.

You have been given a brace and crutches and should be **NONWEIGHT BEARING** unless specified Otherwise by your surgeon. Please use the brace continuously, including while sleeping, until seen back in the office. The brace will be used for at least 6 weeks following surgery. As you become more comfortable, it is acceptable approximately one week after surgery to walk around in your house without crutches. However, for long distances, you need to use the crutches. Thigh high TED stockings will be given to you, and they need to be used for one month after surgery to help prevent blood clots and reduce swelling.

You will be given several medications to use following your surgery. You will be provided with an anti-nausea medication and something for pain control.

It is important to control your swelling after surgery. Please elevate your knee above heart level and regularly ice the knee to prevent swelling post-operatively. If you experience numbness or tingling, calf pain, excessive bleeding, weakness, or excessive pain that is not controlled by your pain medicine, please contact us immediately, contact the office. Numbness on the lateral side (outer side) of the knee is common and should not be cause for concern.

It is very important after ACL surgery to establish full extension of your leg. That is, it is important to be able to get your knee as straight as possible. This is most easily accomplished by sitting in a chair, placing your heel on another chair, and letting gravity help extend your leg, while in your brace. Tighten your quadriceps muscles in an effort to push your knee down and extend your leg. Please do foot pumps moving your ankle up and down to facilitate blood flow. Bending the knee will predictably come later and be established at physical therapy.

Keep your dressing clean and dry until your 1 week post-op appointment. No immersion of the knee in a bathtub, pool, Jacuzzi or aqua arc machine is allowed until you are cleared by your surgeon.

You should not operate a motor vehicle while in a brace.

During your first office visit after surgery, we will go over your surgical findings. We will also obtain an x-ray remove your sutures and give you a prescription for physical therapy.

Thank You, Dr. Singer