DR. PORT’S IMPORTANT REMINDERS REGARDING YOUR ACL SURGERY

You have just undergone a knee surgery. 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 a dry sterile dressing. Please contact the office immediately or report to the emergency room if excessive bleeding has occurred. You can remove your dressing 2 days following surgery, and band-aids can be applied over your incisions. If there are steri strips over your incision, these can be left in place. It is important to keep your incisions dry/covered until your post-op appointment.

You are permitted to shower following surgery; however, your incision needs to remain dry. Plastic wrap can be applied around your knee and held in place with tape to prevent water from hitting your incision. No immersion of the knee in a pool or hot tub is allowed for a minimum of three to four weeks after surgery until the incision is completely healed.

You have been given a brace and crutches and should be weight bearing as tolerated. Please use the brace continuously, including while sleeping, until seen back in the office. The brace will be used for a total of one month after surgery; you will then transition to a shorter sports brace. Thigh high TED stockings will be given to you and are to be worn until your post-op appointment. These can be removed for laundering/hygiene purposes.

You will be given several medications to use following your surgery. You will be provided with an antibiotic, anti-nausea medication, and something for pain control. If you are over the age of 40, you will also be given a prescription for 81 mg aspirin that is to be taken twice a day for 4 weeks after surgery. Aspirin is used to help prevent blood clots.

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. 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; 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.

You should not operate a motor vehicle while in a brace. Typically driving is resumed 1 month following surgery when you are out of your brace and able to maneuver a vehicle safely.

During your first post-op appointment, 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. Please contact your preferred physical therapy facility to schedule an appointment to start therapy 7 days after surgery; please call our office if this is before your first post-op appointment so we can fax a therapy note over.

Do not hesitate to call the office if you have any questions or concerns before/after surgery.