

ACL Reconstruction with Meniscus Repair

Post Operative Instructions

Fort Worth Orthopedics
817.433.3450

Medications

***Pain** (Tylenol with codeine, Tramadol, or Talwin)

You have been prescribed a strong narcotic analgesic for pain. Take regularly as prescribed and as needed for pain. A common side effect of this medicine is constipation. Please make sure you add fiber or a stool softener if necessary and drink plenty of fluids to help avoid this.

***Non-Steroidal Anti-Inflammatory** (Ibuprofen)

Unless otherwise directed, take Ibuprofen 600mg every 8 hrs with food for the first 7 days following surgery. ***Do not take this medicine if you are taking a blood thinner (Plavix, Coumadin), or have a history of an ulcer, bleeding disorder, kidney problems, or drug allergy.***

***Antibiotic** (Keflex, Clindamycin)

If prescribed, please take this medicine as instructed.

***Antiemetic** (Phenergan)

This medicine should help if you are nauseated after your procedure. If you cannot tolerate this medicine, please contact the office as there may be an alternative.

Diet

Keep to a light diet the day of surgery. You may advance to your usual diet the day after surgery.

Activity

Keep your leg elevated. It is important to keep your leg (knee and foot) above the level of your head as much as possible for at least the first 7 days after surgery. Be sure to move your ankles up and down (ankle pumps) to keep circulation moving in both of your calves. *A good rule of thumb is a set of 20 every 20 minutes while awake.* You may move around on your crutches when you are comfortable. Your total recovery time is *approximately* 6-9 months.

***** Knee Brace: make sure it is locked in full extension when you are up and around. DO NOT bend your knee past 90 degrees. Use your crutches. Do not bear weight on your operative leg for 4 weeks. Further instructions regarding this will be discussed at your first post-op visit.**

Continuous Passive Motion Machine (CPM)

You may have been sent home with this device. This device is intended to aid with comfort and improve motion. Please try to use at least 8 hours per day. Advances as tolerated do not bend your knee past 90 degrees.

Cold Therapy

You may have been sent home with an Iceman for your knee. Use frequently for the first 10 days after surgery. Make sure pad does not directly touch skin.

For questions and problems with the Iceman call Texas Brace System 817-416-7400 on call line 24 hours.

Dressing Change

Unless otherwise directed, your dressing will be changed at your first post-op visit.

Showering

Do not get the dressing or your incisions wet. You may use an occlusive cover (plastic bag, plastic wrap, tape) to cover your surgical dressing or incision until otherwise directed.

Physical Therapy

Will likely start after your first post-op visit. Prescriptions and instructions will be given at that time.

Post Operative Appointment

Your first post-op appointment will be 1 day after surgery.

Precautions

Pain, bruising, tightness, and/or swelling in the knee are common symptoms to expect after surgery. However, **if you experience any signs of calf pain, please call our office immediately to speak with a provider.**

To Do List:

- ✓ Ice for Iceman
- ✓ Garbage bags and tape for shower