

Northeast Orthopaedics & Sports Medicine

Your first choice for exceptional
orthopaedic care



Orthopaedic Surgery - Arthroscopic Surgery - Joint Replacement - Sports Medicine - Fracture Care

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ACL Reconstruction

Post-Operative Instruction

Patient Name _____

Date of Surgery _____

Please call 210-477-5151 to schedule a follow-up appointment

Dressing

Your dressing should remain intact and dry until re-evaluation in the office after surgery. If your dressing becomes soiled or damp, you may remove the ace bandage and replace the dressing. Please do not remove steri-strips that are covering the incision (small pieces of tape). Removing this tape may cause your incision to separate. Please be certain to wash hands thoroughly prior to changing dressing, do not place any ointments over incisions.

Bathing

Please do not get incisions wet. Please cover dressing or incisions while bathing.

Driving

Please do not drive until you are evaluated in the office after surgery. You are considered an impaired driver following surgery, and if you choose to drive, your insurance may not cover any accidents that occur.

Crutches/Elevation of Leg

You should remain on crutches until your first follow-up visit. Please do not put any weight on your operative leg until your follow-up visit in the office. When sitting or lying down,

please keep your operative leg elevated, do not place anything directly under your knee, this may cause a slight bend in your knee and can lead to difficulty regaining full extension in your knee.

Cold Therapy/Ice

It is recommended that you use this ice 4-5 times per day during the first week after surgery. Icing will help to decrease swelling and provide pain relief. It is very important to always have protection between the ice and your skin. Never place the ice directly on your skin; this could lead to an injury to your skin. If the ice causes increased pain, skin rash or irritation, discontinue its use and call the office.

Brace

Your post-operative knee brace is to remain on and locked at all times unless you are using the Continuous Passive Motion machine. When using the CPM machine, you may unlock or remove the brace.

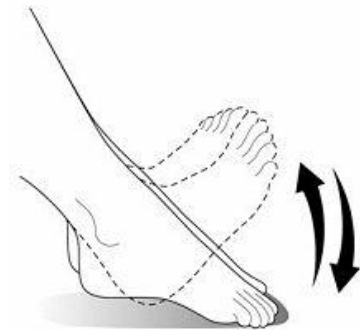
CPM (Continuous Passive Motion machine)

If you have been provided with a CPM machine, you should start using it the night of surgery. The settings on the machine should be 0 or -5 degrees extension and 40-50 degrees flexion. Each day you should be increasing the machine by 5 to 10 degrees of flexion until 90 degrees of flexion is achieved. Your goal should be 90 degrees of flexion at your first follow-up visit. The extension should always remain at 0 or -5 degrees. **Please keep the speed at slow. Use the CPM machine for 30 minutes at a time and at least four times a day.**

We ask during the first week following surgery that you do the following:

Exercises at home

- **Ankle pumps**-pump your ankle back and forth as if you were stepping on a gas pedal. Please do this exercise 10 times an hour while awake.
- **Prone Hangs**-lie on your stomach with your brace off, extend your knees off the edge of the bed, you will feel a stretch across the back of your knee. This will help to regain your full extension in your knee. Do this exercise 2-3 times a day for approximately 10minutes.
- **Quad sets**-With your brace on, tighten your thigh muscles, press your thigh into your bed and attempt to lift your leg off the bed with your leg extended. Initially after surgery this will be difficult due to the weakness of your quadriceps muscles.
- **Deep breathe and cough** to help prevent a respiratory infection. Take 10 deep breaths every hour followed by a cough.



Post-operative Medication

1. **ENTERIC COATED ASPIRIN:** *325mg 1 tab every 12 hours for 4 weeks to help reduce the risk of a blood clot from forming after the surgery.*

2. **NAPROSYN:** 250 mg 1 TABLET EVERY 12 HOURS WITH FOOD

3. **NORCO:** 10/325 mg 1 – 2 TABLETS EVERY 4 – 6 HOURS AS NEEDED FOR PAIN

4. **DULCOLAX:** 1 TAB TWICE A DAY FOR CONSTIPATION

Side effects of medication

Anti-inflammatory [Celebrex, Naprosyn, Ibuprofen, etc.]

You should take all medication with food to help prevent nausea. Please notify office if nausea, vomiting, rash, headaches, abdominal cramping, blood in your stool or other symptoms occur. Do not combine other anti-inflammatories or Aspirin products while taking your anti-inflammatory. **You should not exceed the Aspirin dose that Dr. Lynch has recommended.**

Pain Medication [Vicodin, Tylenol #3, etc.]

Take after food. Notify office if nausea, vomiting, headaches, rash occur. Other side effects include; drowsiness, dizziness and constipation. **Do not take TYLENOL** or other acetaminophen products while taking Vicodin or Tylenol #3, both of these medications contain acetaminophen.

Signs and Symptoms of Complications

Although complications are rare the following are a list of symptoms you should be aware of.

- Infection – increased pain not relieved with medication, fever, chills, redness, swelling or drainage from incision.
- Blood Clot – swelling, tenderness, or pain to calf when you move your ankle up and down, shortness of breath and chest pain.

If any of the above symptoms occur, please contact our office immediately.

For further questions, or if any problems develop, please call Dr. Lynch's assistant, Melissa 210-477-5151