

Post-Operative Instructions

Anterior Cruciate Ligament Reconstruction of the Knee

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Diet: You will be begun on clear liquids following surgery. Once you tolerate clear liquids, your diet may be progressed to your normal diet as tolerated. If nausea occurs, try clear liquids and saltine crackers. If this fails to control the nausea, please contact our office.

Activity: In most cases following knee surgery, you will be instructed to be touch down weight bearing on your operative leg for 48 hours with crutches or a walker wearing your hinged brace. Elevation of the operative leg will help to prevent pain and swelling. Ice will also help to reduce pain and swelling. You will be fitted with a CPM machine to help you to regain your range of motion following surgery. You will be expected to use the machine at least 6 hours per day for 7-10 days. We will consider stopping the CPM machine upon your follow up visit in the clinic. (tensing the quad muscle) to begin to regain some quad control at 48 hours post-op. You will be fitted with a hinged brace after surgery. The brace should be locked straight for walking to help keep the knee from “giving way”. You may unlock the brace for sitting or riding in a car. Do Not walk without the brace on and locked. At 48 hours, you may progress from your crutches to walking. It may be helpful to wean to one crutch first (or a cane) then to walking unassisted.

Pain Medication: You will be given a prescription for pain medication at the time of discharge from your facility. You may have this prescription filled at the pharmacy of your choice. There is a 24 hour pharmacy in Lubbock: CVS Pharmacy @ 5124 34th Street (Brownfield Highway & Slide Road). If you cannot tolerate your pain medication, or if your pain is not controlled with your prescribed medication, please contact our office for further instructions. **Please note the outside of these circumstances, pain medications will not be prescribed or refilled by the physician on call after hours or on weekends or holidays. These must be refilled by our office during regular business hours.**

Wound Care: The operative dressing may be removed at 48 hours after surgery. You may shower at this time, but do not submerge or soak the wound until the sutures have been removed (10-14 days). After showering, cleanse each site with alcohol, then cover each wound with a Band-Aid the wrap the knee with the Ace Wrap to help control swelling and offer light support. If other bracing is fitted to you at the time of surgery, you will receive specific instructions regarding this. You may have a Pain Pump inserted at surgery. If so, it should be empty and ready to pull out at about 48 hours from surgery. A video should be given to you at discharge with instruction regarding the pump. To remove the pump, pull firmly on the catheter and it should come out easily. The entire pump assembly is disposable. Do not shower until the pain pump has been removed.

Blood Clot Prevention: TED hose should be fitted to you prior to your discharge from the facility. Early motion is the most effective method to prevent deep venous thrombosis (blood clots). If not allergic we also recommend one 325mg Aspirin daily for 6 weeks following your surgery for further protection.

Clinic Follow-up: A follow-up appointment will, in most cases, be scheduled for you in advance and given to you at the time of your pre-operative office visit. This appointment will be confirmed by your facility prior to discharge during office hours. If you are discharged after the office has closed or on weekend or holidays and you have a question regarding your follow-up appointment, please contact our office during office hours.

When do I call the doctor?

- *If I begin to run a temperature over 101.5 degrees Fahrenheit
- *If I have uncontrollable nausea/vomiting post-operatively
- *If I have progressive bleeding through my dressings.
- *If I have progressive redness developing around my incisions
- *If I develop drainage from my incisions
- *If I fall or have an accident and the usual measures (ice, rest, elevation, and pain medications) do not relieve the pain
- *If I develop sudden shortness of breath or chest pain