

## **Post Operative Instructions Knee Arthroscopy, ACL Reconstruction**

At your preoperative consent visit (prior to surgery), medications for after surgery will be sent to your pharmacy. These can (but will not always) include:

Meloxicam (anti-inflammatory)

\*do not take if you have a history of stomach ulcers or kidney disease.

Oxycodone (pain medicine)

Tylenol (anti-inflammatory)

Colace (stool softener)

\*take while you are taking oxycodone (pain medicine) so you do not get constipated.

Pantoprazole

Aspirin

You will take aspirin 81 mg twice daily for one week after your surgery to prevent a blood clot. This is very important.

Please pick these medications up prior to surgery so you will have them at home after your surgery. Please review this list, and make the doctor and/or staff aware of any allergies or issues you have with these medications, or any contraindications. This is very important.

### **NERVE BLOCK**

You will get a nerve block the morning of surgery. This provides pain relief for after surgery. These normally provide significant early pain relief, and tend to last 24-72 hours. However, do not wait for your nerve block to wear off. Begin taking medicines as prescribed once you get home so you will not fall behind and have issues with pain control.

### **PHYSICAL THERAPY**

Physical therapy is a very important part of the recovery process. Therapy needs to be set up **prior to your surgery** and needs to start the day or two after your surgery.

For the first two weeks, you need to be in physical therapy 4-5 time per week. After that you will be in therapy 3 days per week.

Therapy is important to ensure you have good movement of your leg after ACL reconstruction.

Find your rehab protocol at:

<https://www.toolesportsmedicine.com/>

ACL autograft

<https://www.toolesportsmedicine.com/pdfs/acl-reconstruction-with-autograft-rehab-protocol.pdf>

ACL allograft

<https://www.toolesportsmedicine.com/pdfs/acl-reconstruction-with-allograft-rehab-protocol.pdf>

At the time of surgery, we will place your leg into an ACL brace. The ACL brace is not to be removed until you go to your first physical therapy visit. The ACL brace protects your knee and your graft while you regain your strength.

You will use crutches for the first 4-6 weeks after surgery to support your leg.

An ice machine is an optional item you can purchase prior to surgery to help with inflammation, swelling, and pain relief after surgery.

I highly recommend using either an ice machine or well padded ice to help with pain after shoulder surgery.

Do NOT put directly on your skin due to risk for burning your skin.

In regards to the surgical bandage or dressing, do not remove. If anything happens to your bandage, please contact the office for further instruction.

It is okay to shower after your surgery, but you need to cover the bandage or dressing so that it does not get wet.

Any other questions, please contact the office directly.