

ACL RECONSTRUCTION with MENISCUS REPAIR Postoperative Instructions

MEDICATIONS: You will be given three prescriptions- Medications to control pain, nausea, and constipation. Take as directed. You should also eat yogurt for the first 3 days to help maintain the normal, helpful bacteria within your stomach.

DRESSING: You may remove your dressings 48 hours after surgery. Leave the steristrips in place. You do not need to redress the wound.

SHOWERING: You may shower after your first dressing change (either 48 hours after surgery when you change it or after your doctor changes it). You do not need to cover the incisions during surgery. Leave on the steristrips. No scrubbing but ok to use regular soap. You do not need to redress the wound.

ICE: Icing is very important to decrease swelling and pain and improve mobility. During the first 24 hours, apply ice every 2 hours, 15 minutes each time. After 24 hours, continue to use the ice 3 – 4 times a day, 15 – 20 minutes each time to keep swelling to a minimum.

WEIGHT BEARING: You will be non-weight bearing for 4 weeks then partial weight bearing for 2 weeks

CPM: If you were provided a CPM machine, start day 1 after surgery from 0-30° increasing by 5° every day to 90°. You should use the machine for 2 hours at a time 3 times per day (total of 6 hours).

FEMORAL NERVE BLOCK: If you elected to receive the block, you were given an injection into your upper thigh to block the conduction of your femoral nerve which conducts pain and also controls your quadriceps muscle. Therefore you should be relatively pain free but you will have little control of your leg. Anesthesia will call you the day after surgery to review the process of removing this.

ACTIVITIES: Rest and elevate your leg for the first 24 hours. Do **NOT** place a pillow under your knee. Elevate with a few pillows or towels under your calf and ankle. It is important to get your leg as straight as possible as soon as possible.

<u>EXERCISES:</u>	1) Quadricep Contractions:	5 – 10 per hour Push knee into bed Tighten thigh muscle
	2) Straight Leg Raises:	5 per hour
	3) Ankle pumps	10 per hour

If you experience severe pain that your pain medication does not relieve, you should let us know. **If you experience a temperature over 101.5*, redness or swelling in your thigh or calf, please contact our office daytime, evenings or weekends at (847) 634-1766**

GOALS: Safe ambulation and pain control.