

What To Expect After Surgery



ACL RECONSTRUCTION w/Meniscus Repair

Post-Operative Care

- You will initially be partial weight bearing with crutches.
- Follow guidelines on PT protocol for progression of weight bearing status.
- Ice the area several times per day for 20 minutes at a time (minimum of 20 minutes between sessions)
- Use the ace wrap for compression until the swelling has resolved, usually 1-2 weeks
- You should be able to return to work/school as soon as you feel comfortable, likely 3-5 days.
- Do not get the incisions wet until your post-op visit. Cover with waterproof bandages for bathing. Okay to change if saturated after 5 days and replace with waterproof bandages from CVS/Walgreens.
- You should wear your brace, locked in extension, at all times – remove only to shower and do physical therapy

Pain Control

- Ice, elevation and compression will help control swelling and pain
- We recommend you take the pain medication/muscle relaxer as prescribed for the first 48-72 hours, then decrease as tolerated.
- Schedule pain medication so that you can take a dose ~30 minutes prior to physical therapy sessions
- Even with pain medication, some discomfort or pain is normal, however if you are experiencing a significant increase in pain, please notify our office at (828)258-8800 ext 3700.
- You should receive a prescription for pain medicine and anti-nausea medication before leaving the hospital

Infection Prevention

- Infection prevention is always one of our primary goals.
- You received an antibiotic through your IV at the time of surgery and will not need an oral antibiotic
- It is normal to have swelling, discomfort, some heat around the surgery site, a low grade fever (<100 degrees), and clear/pink drainage.
- Notify our office if you have marked and sudden increase in swelling, pain, or heat in the joint or white/yellow discharge or persistent fever > 100 degrees.
- Clean the incisions daily with betadine, allow to dry and cover with a clean, dry bandage

Physical Therapy

- You will begin physical therapy on the first business day after surgery – during the first session, the primary goal should be pain and swelling control and beginning to work through the prescribed rehabilitation protocol.
- Your first physical therapy appointment will be scheduled by our physical therapy coordinators. They will speak with you the morning of surgery to determine your physical therapy location, will make the first appointment and will fax the necessary paperwork to the therapy facility. You will also receive a copy.
- Physical Therapy is typically recommended 2-3 times per week for 3-4 months.

Follow-Up

- **We recommend that you not drive until you are off all pain medication and can safely move your leg/foot from pedal to pedal****
- You will receive a black post-op folder before leaving the hospital with your follow-up appointment, surgery pictures (if applicable), discharge instructions, etc

If you have any questions or concerns, please contact EmmergeOrtho at (828) 258 8800 ext 3700