

ARTHROSCOPIC SURGERY

POST OPERATIVE INSTRUCTIONS

Dr. Bruce T. Henderson, Dr. William Ward and
r. Christopher L. Tisdell

DRESSINGS: A soft compression dressing has been applied to your knee. It may be removed 24-48 hours after surgery. Apply band-aids to the small puncture wounds. A shower may be taken if there is no active drainage from your wound. However, it is recommended that you do not soak or scrub this area for about one week.

PAIN: Every patient's pain level is different. A prescription for oral pain medication will be given to you following surgery to be used as necessary. Many patients choose to take only Tylenol, Aspirin or Motrin. Elevation of the leg to the level of the hip is a good idea. Ice packs for the first 24 hours are also helpful.

WOUNDS: When you remove the dressing, there will be several small puncture wounds. In most cases there will be some swelling and discoloration around the knee, which generally resolves in a short time.

ACTIVITY: Unless specifically advised in protected weight bearing, you may bear full weight on the leg as quickly as possible. You may resume normal walking and use of stairs when your comfort level allows. You may perform range of motion exercises as tolerated but try not to bend greater than 90 degrees or kneel for the first week. You should begin straight leg lifts as soon as you are reasonably comfortable. These exercises should be done two to three times a day.

FOLLOW-UP: Please call the office as soon as possible after your surgery and make an appointment for your first postoperative checkup. Dr. Ward would like to see you in 3-5 days after surgery, Dr. Henderson 1 week after surgery and Dr. Tisdell 5-6 days after surgery.

Dr. Henderson and Dr. Ward
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Dr. Tisdell
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ACL POST-OP INSTRUCTIONS FROM THE DESK OF WILLIAM WARD, M.D.

- AT FIRST YOU WILL HAVE A LARGE BANDAGE AND LARGE BULKY BRACE ON AS YOU ARRIVE IN THE RECOVERY ROOM. YOU WILL HAVE RECEIVED A NERVE BLOCK WHICH WILL NOT ONLY PROVIDE PAIN RELIEF TO THE FRONT OF YOUR THIGH AND KNEE, BUT ALSO WILL PARALYZE YOUR QUADRICEPS MUSCLE. PLEASE LEAVE THE BRACE AND BANDAGE ON FOR THE BETTER PART OF 24 HOURS. UPON ARRIVAL HOME DO NOT ATTEMPT TO PUT WEIGHT ON YOUR LEG FOR AT LEAST 36 HOURS BECAUSE OF THE FACT THAT THE NERVE BLOCK HAS PARALYZED YOUR QUADRICEPS AND YOUR LEG WILL NOT SUPPORT YOU.
- PLACE YOUR LEG WITH THE BRACE ON IN THE CONTINUOUS PASSIVE MOTION (CPM) MACHINE AND START IT MOVING AT 0 TO 40. ADVANCE AS TOLERATED AS MUCH AS YOU CAN OVER THE EVENING.
- APPLY ICE TO THE BRACE AND BANDAGE AS WELL.
- BE SURE TO TAKE APPROPRIATE PAIN MEDICATION AS SCHEDULED TO "STAY AHEAD OF THE PAIN."
- YOU ARE TO BE UP FOR MEALS AND TO THE BATHROOM ONLY FOR 3 DAYS. .
- APPROXIMATELY 24 HOURS POST-OPERATIVELY YOU MAY REMOVE YOUR BRACE AND BANDAGE. THE BANDAGE WILL BE STAINED WITH BLOOD AND SALINE FROM THE SURGERY. DISCARD IT. YOU MAY THEN APPLY A LIGHT BANDAGE WHICH CONSISTS OF 4X4s WHICH HAS BEEN PROVIDED FOR YOU. PUT YOUR KNEE IN THE CPM MACHINE AND ICE BAG TO YOUR KNEE AND INCREASE THE CPM AS TOLERATED AS MUCH AS YOU CAN. WHENEVER YOU GET UP, YOU MUST PUT THE BRACE ON AND USE CRUTCHES.
- YOU MAY SHOWER 48 HOURS POST-OPERATIVELY.
- FOR 3 DAYS YOU ARE TO REMAIN IN THE CPM MACHINE WITHOUT THE BRACE BUT MUST WEAR THE BRACE TO AMBULATE. AFTER 36 HOURS POST-OP YOU MAY BEAR WEIGHT AS TOLERATED WITH THE BRACE AND CRUTCHES.
- YOU ARE TO MAKE AN APPOINTMENT WITH THE OFFICE APPROXIMATELY 1 WEEK POST-OP FOR SUTURE REMOVAL AND TO BEGIN OUTPATIENT PHYSICAL THERAPY.
- FOR THE NEXT 3-4 DAYS, I.E. DAYS #4, 5 AND 6, USE THE CPM AS MUCH AS TOLERATED, BUT YOU MAY BE UP AND AROUND MORE SO THAN THE FIRST 3 DAYS.