

# **Orthopaedic Specialist of Texas**

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281-565-8800

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## **ACL Reconstruction**

### ***Before Surgery***

1. Do not eat or drink anything after midnight the night before surgery. Note: If you take medication on a daily basis, you may take your medication in the morning with a sip of water.
2. If you take a blood thinner of any kind including aspirin, plavix, coumadin, ibuprofen, Mobic, Naproxen, Vitamin E, diet pills, or herbs, stop taking the medication at least 7 days before surgery. You may continue to take Celebrex, Vioxx, or Bextra up until your surgery day.
3. Please arrive at the hospital at the specified time.
4. This is a day surgery so please have someone there to take you home after the surgery.
5. You will need to schedule an appointment to come into the clinic the day after surgery to have the drain removed from your knee.

### ***After Surgery***

1. Wear your immobilizer knee brace while ambulating.
2. You may walk with crutches putting as much weight on the affected leg as you can tolerate. You may stop using the crutches when you can walk without a limp.
3. You may bend your knee and start doing the exercises the day after surgery.
4. You may remove your dressing 2 days post operative. Leave the white steri strips on. Cover with Band-aids. Call for a post operative appointment 10 – 14 days post operative.
5. Keep surgical area dry for two weeks. This may be done by taping a plastic bag over your dressings and taking a quick shower.
6. Use cryo-cuff or ice bag given to you at the hospital 3-4 times per day for 20-30 intervals.
7. You may ice and elevate your leg to decrease swelling.
8. If your right knee was operated on, you may not drive for at least 2 weeks.
9. You may start taking all of your previous medications after surgery.
10. Physical therapy will contact you prior to surgery to set up rehab starting 2 days following surgery.
11. It is extremely important for you to perform the rehabilitation exercises for your knee, otherwise; you will not be successful in returning to normal activities.
12. Call the office if you have uncontrolled pain, nausea, vomiting, fever greater than 102 or numbness of the operative leg.

Note: Any paperwork that needs to be filled out for disability needs to be dropped off at the front desk. The fees for paperwork are posted at the checkout counter. Payment must be received before papers will be filled out. Allow 5-7 business days to complete.