

ACL RECONSTRUCTION KNEE ARTHROSCOPY INSTRUCTIONS

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Tulsa Bone and Joint
918-392-1400

Union Pines Surgery Center
918-742-2502

Follow-Up Care

Call the doctor's office today to confirm or make an appointment in about 10 days. Your sutures will be removed at your first post-operative visit.

Activity

Rest today.

Use crutches to walk. Full weight bearing.

Lock brace in full extension when walking until you return to office

Sleep with brace in full extension at night.

Remove or unlock the brace when you are using the CPM machine.

Start CPM machine the day after the surgery. Use CPM for 2 hours, three times per day if tolerable.

Ice the knee for 3-5 days. One hour on, one hour off. Keep a very thin towel between skin and ice bag.

Care of Incision and Dressing

It is normal to have some bleeding the 48-72 hours.

Remove dressing and shower in 72 hours.

Change Band-Aids daily.

Do not submerge wound in bath water, pool, lake water, or hot tub.

Keep incisions clean and dry.

Do not put creams or lotions on your wounds.

Medications

Resume routine medications.

Take one Aspirin 325 mg daily for next 5 days.

Most patients will receive Oxycodone medication for pain,

Morphine pills are for breakthrough pain for first 48 hours only and Phenergan for nausea.

Driving

If left knee surgery, You may drive after the third post-operative day.

If right knee surgery, do not drive until after follow up visit.

Do not drive if you are still taking narcotic pain medication

Call Dr Jabbour's Office If:

If medication causes severe uncontrollable nausea.

If you have shortness of breath or severe calf pain, go to the emergency room if you cannot contact the office

If you have a temperature greater than 101.5 degrees Fahrenheit