



## What to expect when you are having ACL surgery.

### Before Surgery:

- If you have a heart condition, you must obtain cardiac clearance from your cardiologist before you will be scheduled for surgery.
- Kelly, our surgery scheduler, will call you to schedule surgery.
- The Hospital will call you 1 week prior to surgery. If you have not received a call, please call **(512) 697-3574** to reach the pre-op clearance department at the Hospital at Westlake. Tell them you need pre-surgical instructions.
- If you take any blood thinning medications such as Coumadin/Warfarin, Plavix, Lovenox, any anti-inflammatory like ibuprofen (Advil, Aleve, etc) or aspirin, please stop taking these medications 1 week prior to your surgery. If you have any questions about any of your medications, please contact the prescribing physician. If you continue to take these medications, your surgery may be postponed.

### Day of Surgery:

- Do not eat or drink anything after midnight the day before surgery.
- You will receive 2 prescriptions after surgery: 1 for pain, and 1 antibiotic. Take the antibiotic as directed for 3 days until they are finished. Your prescription for pain will have 1 refill. After your refill, you may take over-the-counter NSAIDS for pain relief. Nausea is a common side effect of this pain medication. If you experience nausea, take it with food in your stomach.
- Your procedure is outpatient day surgery, so you will go home that same day. You **cannot** drive yourself home or take a cab, so please make appropriate arrangements.

### After Surgery:

- Physical Therapy will be scheduled 2 days after surgery for 4-6 weeks duration. **Your goal is completely straighten your leg by the 1<sup>st</sup> follow-up visit with us in 7-10days.**
- Polarcare, if purchased, may be used for comfort without restriction. Based on insurance (workers comp), this device may be rented and should be returned within the specified time frame. Ice packs or frozen vegetables are also acceptable options for cooling the site for 20 minutes on / 30 minutes off.
- Unless otherwise instructed, 100% full weight bearing is allowed in the knee brace. It is okay to walk with out the crutches. It is also okay to sleep and recline without the knee brace.
- Keep the incision clean and dry for 1 week. Do not submerge or get it wet. You may change the dressing with gauze and tape, but leave the tapes in place. We will change your dressing when you follow up with the office in 7-10 days. You may shower after this unless otherwise instructed
- After 6 weeks from your original surgery date, you may develop a blemish/blister at the incision site. This is a stitch abscess, which is a reaction to the dissolvable suture material that is used to close the incision. This blister may be opened and cleaned with peroxide, and covered with a band-aid.