

What To Expect After Surgery

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ACL/MPFL RECONSTRUCTION

Post-Operative Care

- You will be on crutches for comfort, but able to put weight on the involved leg as tolerated.
- You may discontinue the use of your crutches as you feel comfortable.
- 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.
- You should wear your brace, locked in extension, at all times, removing only to shower or do physical therapy.

Pain Control

- Ice, elevation, and compression will help control swelling and pain.
- We recommend you take the pain medication as prescribed for the first 48-72 hours, then decrease as tolerated.
- Schedule pain medication so that you can take a dose about 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 (334)793-2663.
- 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, therefore 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, then allow to dry and cover with a clean, dry bandage.

Physical Therapy

- You will begin physical therapy on the first or second business day after surgery. During the first session, the primary goal should be pain and swelling control and to begin working through the prescribed rehabilitation protocol.
- Your first physical therapy appointment will need to be scheduled prior to surgery. We will assist you to determine your physical therapy location 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 information about your follow-up appointment when discharging from the hospital.