

Instructions for ACL Reconstruction and Patellar Realignment Bart P. Rask, MD

Applies to first 7 days postoperatively: The goal of these instructions is to prevent swelling which limits motion and delays recovery.

CRUTCHES

You need to get crutches before your surgery and bring them to the hospital the day of surgery. You can get them at any medical supply store or your local pharmacy.

CPM (Continuous Passive Motion) MACHINE

1. A salesperson will contact you before surgery to arrange for CPM home use. A separate CPM will be used at the hospital.
2. Your leg will be placed onto the CPM upon arrival to the recovery room.
3. Please refer to the PO exercise sheet for instructions for use.
4. After 7 days, contact salesman to pick up CPM.

CRYO/CUFF INSTRUCTIONS

1. If you have a Cryo/Cuff, bring it to the hospital with you and it will be applied in the operating room.
2. The Cryo/Cuff does not need to have the water changed when you are asleep. The fluid (albeit warm) will provide compression to prevent swelling.
3. Whenever the Cryo/Cuff is on it must be filled.

MEDICATIONS

Please have the following medications at home to begin taking the day of surgery.

1. Tylenol (preferably extra strength)
2. Anti-inflammatory medication. Preferably Aleve/Naprosyn/Naproxyn. May substitute Ibuprofen/Advil/Motrin. Do not use if prior abdominal ulcers or bleeding.
3. Gabapentin prescription. Do not use if prior major depression.
4. Narcotic pain medication prescription.
5. Hibiclens soap.

MORNING OF SURGERY

FOLLOW HIBICLENS INSTRUCTIONS FOR SHOWERING EVENING BEFORE AND MORNING OF SURGERY.

TAKE GABAPENTIN 600MG WITH A SMALL SIP OF WATER ABOUT 2 HOURS BEFORE YOUR SURGERY SCHEDULED TIME.