



Dr. Edward Kelly
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Knee ACL Reconstruction Surgery

PRE-OP PREP-

We suggest showering with Hibiclense brand soap the night before and morning of the surgery. If you are unable to find the specific brands, ask your pharmacy for an antiseptic wash. You are to wash the entire body avoiding hair, face and genitals the night before and the morning of surgery. The morning of surgery after you shower you should put on freshly laundered clothes and should not apply deodorants or lotions to the skin.

PAIN

Expect to have pain following surgery. Pain medication has been prescribed for you. Take them as directed. Pain medication can help relieve some of your pain but it often does not completely take your pain away. It is important to keep your pain under control; it is hard to play catch up with your pain. You can expect your pain to increase with movement and activity. The first few days following surgery can be the most painful. Just remember, it will get better.

DRESSINGS

Keep your incision clean, dry, and covered. It is normal for you to have some redness, warmth, and swelling around the incision and knee following the operation. The swelling is due to fluid used during the operation to see inside the joint, and this will eventually subside and be reabsorbed by the body. You can remove the bulky dressing 24 hours after surgery but leave the Steri-Strips (white pieces of tape) on until your post-operative appointment. It is normal for these strips to be blood-stained; this is not cause for alarm. If the tape does come off you can use a band-aid as a replacement. Your sutures are under the skin and the suture ends will be cut at your first post-operative appointment. You can get your incision sites wet with water from the shower but do not soak them (bath tub, pool, hot tub, lake, etc).

ACTIVITIES

Crutches or a cane may be necessary during the first several days following the surgery. Use these until you are able to walk without limping. You can put as much weight on the operative leg as comfortable. Do not run, jog, or engage in any sports activities until you receive permission and instructions at your follow-up appointment. To relieve pain and reduce swelling, keep your leg elevated above your heart. At your first post-operative appointment you will be instructed on your physical therapy protocol.



DIET

Start off with light meals and progress to diet as tolerated. Carbohydrates will generally have a lower incidence of nausea and vomiting. Fiber rich foods can help minimize constipation (which is caused by narcotic pain medications and being sedentary). Loss of appetite is a normal side-effect after an operation and while on narcotic pain medication.

FOLLOW-UP

Usually a follow-up appointment will be scheduled for you prior to surgery. If not please call the office as soon as possible after your surgery to make a follow-up appointment for 5-7 days post-operatively. This appointment can be made by calling 952-808-3000.

Call Kaici or Lindsey at 612-455-2023 if:

- You develop a fever (101° or above)
- You develop redness spreading or red streaks, drainage, hives, or shortness of breath.
- You have problems such as rash, itching, or continued nausea and/or vomiting with the medication.
- You have any questions, problems or concerns.