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ACL/Meniscus Repair Post-Operative Instructions

Prescription Meds: You will be given several medications upon discharge. 1. Norco (hydrocodone/apap or a similar medication), this is used for pain control. Pain levels are highest on days 1 thru 3 post op, so you will want to take this on a regular schedule. After that, take as needed. Do not drive, drink alcohol or take Tylenol while taking this medication.

2. Naproxen (Naprosyn), anti-inflammatory that you can take once in the morning and once at night for the first two weeks.

3. Aspirin 81 mg: take once daily in the evening for one month

4. Compazine: this is an as needed medication to take for nausea from the pain medications/anesthesia

5. Colace: take one-three times daily to prevent constipation after surgery.

6. Some patients receive a scopolamine patch behind the ear to prevent nausea. If you received this, leave it on for 72 hours. Make sure to wash hand thoroughly, as it may cause blurry vision.

Wound Care: Leave the big surgical bandage on and do not shower for **48 hours** after surgery. After 48 hrs, remove bandages, and apply waterproof bandaids to the incision(s) prior to showering (available at Walgreens or CVS). To see bloody soaked fluids on bandages is normal. Leave the steri strips (white tape) on. Replace waterproof bandages with a clean dry regular bandaid over each incision, after showering. Do not cut any stitches or apply any ointments or lotions to the wounds. Do not soak in any pool or bath water until 4 weeks after surgery.

Physical Therapy: Physical therapy should start between 3-7 days after surgery (unless otherwise instructed). Choose a PT clinic close to your home so you can be compliant with your program. Please bring your prescription and protocol (provided on surgery day) to your first PT appointment. This contains important information regarding your surgery and care.

Please ask your therapist on day 1 to confirm proper placement and application of your brace as well as to instruct you in proper weight bearing. Your goal for your first post op visit is to be able to extend (straighten) equal to your non operative leg.

Brace and Crutches: You will get a brace and crutches on surgery day. The brace dial should be locked in extension/zero degrees. You should wear this while sleeping. You may remove it to bathe.

Follow up: You will need to follow up in clinic with Dr. Nho or Allie in 10-14 days. Please call central scheduling to make an appointment. At this visit you will receive updated instructions on your weight bearing and brace use based on your progress.

When should you contact the office?

- you have a fever >101.4 (a low grade temp is expected after surgery, but let us know if it gets this high!)
- you develop chills or sweats
- you have pus, pain or redness surrounding the incision sites

Important Contact Information

Central scheduling: 708-236-2701

Jeannie Taylor, Administrative Assistant: (312) 432-2525

Allison Petersen, PA-C: 312-432-2388

Office Fax Number: 708-492-5525

After Hours/Weekend/Emergency Number to RUSH resident: 708-236-2600.