

ARIZONA ORTHOPEDIC
& FRACTURE SURGEONS

AOFS

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Practice Limited to:
Orthopedic Surgery
Joint Replacement
Arthroscopy
& Sports Medicine
Children's Orthopedics
Lumbar Surgery
Trauma

POST-OPERATIVE ARTHROSCOPY INSTRUCTION SHEET

(INCLUDING A.C.L. RECONSTRUCTION)

- 1.) You have just had a diagnostic and surgical arthroscopy. The diagnosis of your condition and surgery performed will be discussed in more detail at your first follow-up visit, about 7-10 days after your surgery date. If you haven't made that appointment yet please do so as soon as possible.
- 2.) The procedure is generally associated with moderate discomfort. To assist in your comfort, apply ice to the operated area (NOT DIRECTLY ON YOUR SKIN) as much as possible, for the next 48 hours. Elevate your leg above the level of your heart to minimize swelling and pain.
- 3.) It is wise to rest the operated area for several days following your surgery. Gentle range of motion is permitted as shown in your arthroscopy pamphlet. You may do usual light activities such as walking, sitting and daily living. No vigorous activity or "exercising" allowed until discussed at your first follow-up visit.
- 4.) Unless instructed otherwise, you may remove the dressing about the operated area down to the skin after about 48 hours, but DO NOT remove any stitches or steri-strips (small white tapes) that you encounter. If an Ace wrap is used, you may reapply it to help control any swelling and protect the area. Use small Band-Aids to cover the stitches or portal wounds to keep them from rubbing on any clothing. Patients having an A.C.L. reconstruction will have a brace on, set at Zero (0) degrees of extension (EXT) and Ninety (90) degrees of flexion (FLX). You may open the brace up to "air" it out but your leg must remain in the 0-90 degree position. Your brace must be applied whenever you are active or up on your crutches.
- 5.) Crutches are rarely used after an arthroscopy, but will always be used after an A.C.L. reconstruction. If you should need them, the nurses will provide them and instruct you on their proper use.
- 6.) You may shower 48 hours after the surgery if you DO NOT have stitches. Remove the dressing as described above, let the water run over the operative area. DO NOT scrub, use soap or creams on the operative area. Pat the area dry and apply Band-Aids over the portal wounds after they are dried off. DO NOT submerge in a bathtub, swimming pool or jacuzzi.
- 7.) After your surgery, you should receive your operative photographs from the hospital. Please bring these to your first follow-up appointment to go over them with the doctor. If you didn't receive the photographs please call the hospital to make arrangements to pick them up prior to your appointment
- 8.) A prescription for pain will be given to you after your surgery. Refills are only given Monday through Thursday 9am to 3pm and on Fridays 9am to 12:30pm. NO REFILLS WILL BE GIVEN OVER THE WEEKEND. If you have any questions concerning the above, call the office at 230-1400

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