



Charles M. Creasman, M.D.
Craig R. Metzger, M.D.
Steven R. Kassman, M.D., F.A.C.S.
Michael R. Hayman, M.D.
C Sabin Cranford, M.D.
David G. Van De Wygaerde, M.D.
Sanford M. Chesler, D.P.M.
Lillian Berry, P.A.-C
Daria Pacheco, N.P.,RNFA
Greta Ludwig P.A.-C

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

444 West Osborn Road
Suite 200
Phoenix, Arizona 85013

20325 North 51st Avenue
Bldg. 4 Suite 124
Phoenix, AZ 85308

Office (602) 230-1400
Fax (602) 230-7676
www.arizonaorthopedic.com

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 actual surgery performed will be discussed in more detail at your first follow up visit, about 4-7 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 72 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. It is recommended that you begin straight leg raise and bending exercises as directed, the evening of your surgery. 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 operative area down to the skin after 72 hours, but **DO NOT** remove any stitches or steri-strips (white paper tapes) that you encounter. If an elastic 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 may have a brace on. If you have been placed in a knee immobilizer after surgery it is important that you remain non-weight bearing on your operative knee. You may open up the brace to "air" it out but do not bend the knee. 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 72 hours after your surgery unless directed otherwise. 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 have 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.
- 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.