



NewportCare[®]
MEDICAL GROUP
3300 WEST COAST HIGHWAY
NEWPORT BEACH, CA 92663

PRE AND POSTOPERATIVE INSTRUCTIONS FOR ACL SURGERY

BEFORE SURGERY:

1. **Medical Clearance:** If you need medical clearance and are getting clearance from your primary care doctor, please have his/her office fax the clearance to our office at 949-258-5858, at least 5 days prior to surgery.
2. **Medications:** To minimize bleeding, please stop taking medications containing aspirin or any non-steroidal anti-inflammatory medicines such as Advil (Ibuprofen), Aleve (naproxen), Indocin, Feldene, Relafen, and herbal medicines containing ginkgo, ginseng, and garlic. Please have your pain prescription filled before surgery in order to have it prior to needing it.
3. **Diet:** DO NOT eat or drink at least 8 hours prior to the time of your surgery. However, you may take your blood pressure medications with a small sip of water on the day of surgery if that is the usual time to take it.
4. **Smoking:** If you smoke, you must stop smoking---NOW! Smoking will affect healing.
5. **Showering:** If you were given special soap, please use as directed. If not, please purchase Hibiclens liquid at a pharmacy. Starting two days before surgery, lather from your neck down with Hibiclens and rinse off. Do this 2 times a day, including the day of surgery. Do not shave around the surgical site. This will lessen the risk of infection.

AFTER SURGERY:

1. **Brace:** If a knee brace was prescribed to you, please wear it at all times except when showering and exercising. Keep it locked at 0 degree when walking for 0-3wks. Then unlock it to walk 3-6wks when quadriceps are strong enough. Goal is 0-90 degrees at 0-3wks, then 0-120 4-6wks, then 0-unlimited after 6wks.
2. **Walking:** You may walk in the brace locked at 0 degree as soon as pain and swelling subside (normally 0-3wks). Once your quadriceps are strong enough, you may unlock the brace to the above settings based on the current time period to walk. AVOID active knee extension (or straighten/kicking of the knee without help of the other leg) 0-6wks.
3. **Ice:** you may ice the incision site with cold packs 4-5 times a day for the first 2 weeks and as needed after surgery.
4. **Showering:** You can typically take off your dressings and shower with soap and water about 5-7 days after surgery, and then put on new dressings. But NO submerging your incision in water such as bathing, hot tubs, pools, or beaches until instructed.
5. **Dressings:** Keep clean and dry. Typically, you can start changing your dressings 3 days after surgery by using clean gauzes and peroxide daily, which can be purchased at a pharmacy store. If the dressings are saturated, you may replace it as needed to avoid leaving moisture around the incision site.
6. **Activities:** Please elevate the leg above heart level as much as possible after surgery. If you were not given a brace, then you can move your knee as much as tolerable. If you were given a brace, then the brace will dictate how much you can bend your knee.
7. **CALL US** if you have persistent fevers over 101 degrees, persistent drainage from incision site, or increased pain out of proportion. 949-491-9991.
8. **Follow up:** please schedule an appointment for approximately 1-2 weeks after surgery.