

TOA

TENNESSEE ORTHOPAEDIC ALLIANCE

Postoperative Instructions

Arthroscopic ACL Reconstruction with Meniscus Repair

Dressings

- Dressings will be removed during your first physical therapy visit.
- Do NOT touch, remove, change or clean any Steri-Strips you may be wearing.
- Do NOT apply or use any ointments such as betadine, Neosporin or peroxide on the wound site.
- Apply additional bandages only if drainage occurs.

Bathing

- Once incisions are dry and no longer draining, you may get them wet in the shower. Do NOT get in bath water or a pool until sutures have been removed for at least one week, unless specifically instructed to do so.
- Avoid hot tubs, saunas/steam rooms and hot showers for 4 weeks-they can increase your swelling.

Stitches

- Visible stitches will be removed or clipped at your 2-week follow-up visit in clinic or in PT.
- If you do not have visible sutures to remove, rest assured that they will dissolve under the skin.

Ice

- Ice your wound site for 20 minutes at a time, 4-5 times a day.
- NEVER place ice directly on your skin. Insulate the site with a towel. Icing helps decrease swelling and provides some pain relief.

Swelling

- It is normal to see swelling and/or bruising around your incision for the first 2 weeks.
- Redness, heightened pain, increased temperature (101F or above) and/or abnormal drainage are NOT normal. Please call your doctor's office at once if you develop these conditions.

LUCAS G. TESKE, M.D.

141 Hillcrest Drive | Clarksville, TN 37043 | Phone: 931.552.4340 | Fax : 931.552.0999

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Physical Therapy

- You will have an appointment scheduled with Physical Therapy within 1 week of surgery.

Medications

- Please follow all instructions on the bottle.
- Do not drink alcohol while taking pain medication.
- Do not take additional pain medications unless instructed to do so.
- Do not drive while taking pain medication.
- ***If you have questions about your medications or if you need refills, please reach out to our office at 931-552-4340 and ask to speak to the nurse.***

Specific Instructions for Knee Care

Weight-bearing instructions

- No Weight-bearing to your operative extremity in brace

Elevation

- Elevate your leg several times a day and at night to decrease swelling.

Immobilization

- If you were placed in a brace after surgery please wear it until your doctor instructs you to discontinue use. This should also be worn at night.

Contact Numbers

- *Clarksville TOA Office: 931-552-4340*

Additional Instructions:

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