



SPECIALISTS IN THE
MEDICINE OF *motion*



Dale Martin, MD

Knee & Shoulder Disorders
Sports Medicine

Please take a moment to look over the following instructions regarding your surgery. We know that surgery can be a very stressful experience for you and your family and that you may be nervous. This is normal, and we will make every effort possible to make your experience the best it can be! We are dedicated to achieving the best possible outcome for you. This takes a team effort often between you, us, and many other healthcare professionals.

The following packet will hopefully be informative and decrease your stress prior to surgery! There are many other great resources about your condition, knee & shoulder disorders, and sports medicine. We encourage you to learn more about Dr. Martin, your condition, and access links to help helpful websites and videos at www.OrthoHealth.com.

We strive for nothing less than excellence in our quest to help you be the best version of you. We look forward to seeing you on the day of surgery!



OCR

ORTHOPAEDIC & SPINE
CENTER OF THE ROCKIES

POST-OPERATIVE - ACL

If you or any family members have questions or concerns, please call me.

Stacy, MA: 970-419-7138

General Instructions:

You will go home with a large bandage over your knee area. This can be removed 48 hours after surgery.

You MUST have someone to take you home after surgery and stay with you for the first 12-24 hours.

Medications:

Use post-op pain medications as needed. It is okay for you to add Advil or like products after surgery; 2-3 pills every 6 hours.

Advil, Ibuprofen, and Aspirin need to be stopped 5 days before surgery. Tylenol is okay before surgery.

Please give 24 hours for any medication refills.

Ice & Elevation:

Elevation and Ice are very good for your swelling and pain control after surgery. Elevate from the heel, supporting behind the knee with pillows.

Walking Assistance:

Use crutches for walking assistance.

If you had a meniscus repair, use crutches and do not bear weight until further notice.

Wound Care:

You may shower without covering up.

- NO Bathtub
- NO Hot Tub
- NO Pool

Physical Therapy:

Physical Therapy will start within 5 days of surgery.