

**Michael S. Bogard, DO**  
**ORTHOPAEDIC SURGEON**  
Sports Medicine Specialist

**POSTOPERATIVE INSTRUCTIONS**  
**Anterior Cruciate Ligament Reconstruction with Meniscus Repair**

\*\* Please note that the instructions provided below are general guidelines to be followed; however, any written or verbal instructions provided by Dr. Bogard or his staff supersede the instructions below and should be followed.

**PLEASE READ THESE INSTRUCTIONS COMPLETELY AND ASK FOR CLARIFICATION IF NECESSARY - DIRECT QUESTIONS TO YOUR NURSE BEFORE LEAVING THE SURGERY CENTER OR VIA PHONE/EMAIL TO DR. BOGARD'S STAFF AFTER ARRIVING HOME**

**DIET**

- Begin with clear liquids and light foods (jellos, soups, etc.).
- Progress to your normal diet if you are not nauseated.

**WOUND CARE**

- Maintain your operative dressing, loosen bandage if swelling of the foot and ankle occurs.
- It is normal for the knee to bleed and swell following surgery. If blood soaks onto the ACE bandage, do not become alarmed, reinforce with additional dressing.
- To avoid infection, keep surgical incisions clean and dry for the first 7 days following surgery – you may shower by placing a large plastic bag/saran wrap over your brace beginning the day after surgery.
- Wait until your 1st post-operative appointment to have Dr. Bogard's team remove the surgical dressing.
- Please DO NOT place any ointments, lotions or creams directly over the incisions.
- Once the sutures are removed at least 7-10 days post operatively, you can begin to get the incision wet in the shower (water and soap lightly run over the incision and pat dry).
- DO NOT place the incisions under water (bath, pool) until given approval by Dr. Bogard

**MEDICATIONS**

- Local anesthetics are injected into the wound and knee joint at the time of surgery. This will wear off within 8-12 hours and it is not uncommon for patients to encounter more pain on the first or second day after surgery when swelling peaks.
- Most patients will require some narcotic pain medication for a short period of time – this can be taken as per directions on the bottle.
- Common side effects of the pain medication are nausea, drowsiness, and constipation. To decrease the side effects, take the medication with food. If constipation occurs, consider taking an over-the-counter laxative and be sure to drink plenty of water.
- If you are having problems with nausea and vomiting, contact the office to possibly have your medications changed.
- Do NOT drive a car or operate machinery while taking narcotic medication.
- Please avoid alcohol use while taking narcotic pain medication.
- If you are having pain that is not being controlled by the pain medication prescribed, you may take an over-the-counter anti-inflammatory medication such as ibuprofen or naproxen in between

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doses of pain medication. This will help to decrease pain and decrease the amount of narcotic medication required. Please take as directed on the bottle.

- Take one 81 mg aspirin tablet twice daily (once in the morning, once in the evening) for 4 weeks following surgery to lower the risk of developing a blood clot after surgery. Please contact the office should you develop severe calf pain or significant swelling of the calf or ankle.

### ACTIVITY

- Elevate the operative leg to chest level whenever possible to decrease swelling.
- Do not place pillows under knees (i.e., do not place the knee in a flexed or bent position), but rather place pillows under the foot/ankle.
- Use crutches to assist with walking – **if you had a root repair or a large repair you will be non weight bearing for 6 weeks. If your tear was smaller, you will be toe touch weight bearing for 2 weeks. Dr. Bogard will explain this to you in the post operative recovery room.**
  - DO NOT WALK WITHOUT THE BRACE ON.
- Do not engage in activities which increase knee pain/swelling (prolonged periods of standing or walking) for the first 7-10 days following surgery.
- Avoid long periods of sitting (without leg elevated) or long distance traveling for 2 weeks.
- DO NOT drive until instructed by Dr. Bogard.
- May return to sedentary work ONLY or school 3-4 days after surgery, if pain is tolerable.

### BRACE

- Your brace should be worn fully extended (straight) at all times (day and night – except for exercises) until otherwise instructed after the 1st post-operative visit.

### ICE THERAPY

- Icing is very important in the initial postoperative period and should begin immediately after surgery.
- Use icing machine continuously or ice packs (if machine not prescribed) for 30-45 minutes every 2 hours daily until your 1st post-operative visit – remember to keep leg elevated to level of chest while icing. Care should be taken with icing to avoid frostbite to the skin.
- You do not need to wake up in the middle of the night to change over the ice machine or ice packs unless you are uncomfortable.
- If you have opted for the BREG Polar Care Wave cold/compression therapy unit, please follow the directions as directed.
  - More information with instructional video can be found at:  
<https://www.breg.com/products/cold-therapy/devices/polar-care-wave/>

### EXERCISE

- Begin exercises 24 hours after surgery (straight leg raises, quad sets, heel slides, and ankle pumps) unless otherwise instructed.
- Discomfort and knee stiffness is normal for a few days following surgery. It is safe to bend your knee in a non-weight bearing position when performing exercises unless otherwise instructed.
  - Avoid flexing past 90 degrees until the 1st post-operative visit.

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- Complete exercises 3-4 times daily until your 1st post-operative visit – your motion goals are to have complete extension (straightening) and 90 degrees of flexion (bending) at your 1st postoperative appointment unless instructed otherwise.
- Perform ankle pumps continuously throughout the day to reduce the risk of developing a blood clot in your calf.
- Formal physical therapy (PT) typically begins as soon as possible, ideally the next day after surgery. Otherwise, a prescription and protocol will be provided at your 1st post-op visit.

## **\*\*EMERGENCIES\*\***

- Contact Dr. Bogard's office at **858-524-7000** if any of the following are present:
  - Painful swelling or numbness (note that some swelling and numbness is normal)
  - Unrelenting pain
  - Fever (over 101° - it is normal to have a low-grade fever or chills for the 1st day or following surgery)
  - Redness around incisions
  - Color change in foot or ankle
  - Continuous drainage or bleeding from incision (a small amount of drainage is expected)
  - Difficulty breathing
  - Excessive nausea/vomiting
  - Calf pain
- If you have an emergency after office hours or on the weekend, contact the office at **858-524-7000** and you will be connected to our pager service.
- If you have an emergency that requires immediate attention, proceed to the nearest emergency room.

## **FOLLOW-UP CARE/QUESTIONS**

- If you do not already have a post-operative appointment scheduled, please contact our scheduler at **858-524-7000** to schedule.
- Typically the 1st post-operative appointment following surgery is 10-14 days following surgery
- Your 1st post-operative appointment will be scheduled with Dr. Bogard, he will do a wound check, go over therapy protocols and answer any questions you may have about the procedure.
- If you have any further questions please contact **858-524-7000**.
- Non-urgent questions after hours or on the weekends can be best sent via email to:  
**info@bogardortho.com**