

# DR. CANTRELL ACL RECONSTRUCTION

## **PLEASE READ IMMEDIATELY**

1. Go to <https://www.drMichaelcantrell.com/> and click "PRE-OP VIDEOS" at the top right.

Watch Video:      1      2      3      4      5      6      7      8      9      10      11

2. If you have a Physical Therapy prescription in your surgery packet, please call **ASAP** and make an appointment with Physical Therapy for 2-3 days after your surgery.

3. Immediately go to carethy.net or fruugo.us and order PROGEN PLACTIVE. Take one satchet daily for 90 days, starting the day after surgery. This improves pain control, graft maturation and patient outcome.

4. Dr. Cantrell will normally send you home from surgery with 2 different medication prescriptions: a pain medication and a nausea medication.

5. Please keep the bandage **clean and dry**. Getting it wet from an outside source increases your chances of developing an infection.

6. You may remove the bandages after two days. These bandages soak up the excess fluid used during surgery, and may become wet. You may or may not see sutures, as sutures may be dissolvable sutures placed under the skin. Once your bandage has been removed, you may shower and towel the area dry. Any incisions shorter than 1 inch may get wet in the shower. Do not submerge your operative site under water until the incisions are healed.

7. Incisions 1 inch or longer should be kept **clean and dry** until your follow-up appointment with Dr. Cantrell. Incisions 1 inch or longer may be cleaned with alcohol daily. Do not submerge your operative site under water until the incisions are healed.

8. It is very important to **elevate** the operative extremity higher than your heart to help decrease swelling. Pumping your ankle back and forth (as if you were pumping a brake pedal) several times per hour is helpful, to keep your blood flowing and prevent blood clots. **Cold therapy (ice)** may be used in 20-minute intervals as needed to decrease swelling and pain.

9. Bruising and swelling are common side effects after surgery. Dark bruising may occur in the thigh, or lower leg and foot. If bruising or swelling is **extensive** or painful call Dr. Cantrell's office.

10. You will wear your postop brace for two weeks after surgery. The brace should be locked straight when you are upright or lying down. When sitting, you may unlock the brace using the red tabs on the side. Lock the brace with the knee straight before moving from a sitting position.

11. Apply minimal weight to the operative extremity until you start physical therapy. Once you start therapy, your physical therapist will help you begin to bear weight as tolerated.

### **Call the doctor if:**

1. An **excessive** amount of bleeding is noticed through the bandage. Note: some drainage is expected the first 48 hours after the surgery.

2. Your fingers or toes become excessively discolored or numb.

3. There is an increase in body temperature (101.5 degrees or over), significant redness of the skin around the incision site, unusual drainage, foul smell, or other signs of infection.

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