

**Ian Duncan, MD**  
**Orthopedic Surgery**  
**& Sports Medicine**



820 S. Akers #220 Visalia, CA 93277  
Office Number: 559-733-3346

I know you had several choices on where to go for your surgery, and I'd like to thank you for trusting me to care for you. An important part of your recovery is following the post-operative instructions closely. Please review these instructions to make sure nothing gets missed.

Thank you,

Ian C. Duncan, MD

### **ACL Post-op Instructions**

#### **Wound Care/ Bathing:**

- You may shower the day of surgery and the following 2 days with your bandage on as long as the bandage and knee stay dry.
- You may remove your bandage 3 days after surgery (except the steri-strips on the skin, if you have them). You may get the knee wet, wash lightly with soap and water, and recover the incisions with Band-Aids.
- **NO SOAKING IN A POOL OR TUB for 3 weeks.**
- You can cut ace wrap in half and use to wrap around knee so brace will not rub on incisions.
- When brace is removed for shower, be sure to keep leg straight and no bending of knee, or twisting of knee.

#### **Pain Control:**

- Pain medication should have been called in the day of your pre-op visit.
- Please pick up your medication before surgery. If it's not ready, call Debbie or Jessica at 733-3346 or speak to Dr. Duncan the day of surgery to make sure we call it in again.
- Take pain medication as directed by the pharmacist when you pick up your prescription.
- Take an anti-inflammatory like the Meloxicam if we called that in, or else over-the-counter Advil, Aleve, etc for the first 2-4 wks to help with the pain and swelling. You can stop if you have no pain.
- Take the narcotics (usually hydrocodone/acetaminophen) only as needed. The one exception is it's good to take the narcotics around the clock the first 24 hrs after surgery to prevent yourself from being caught off guard when the numbing medication used during your surgery wears off. You can take 1-2 pills every 4-6 hrs as needed for severe pain.
- Ice knee for 10-15 minutes every hour as needed for swelling.
- Elevate your leg, with your knee higher than your heart, as much as possible for pain & swelling.

- A prescription for a Game Ready (compressive ice machine) was faxed to David at PT Specialists and he will be calling to set up a date to drop off the machine if you're interested. It's \$25/day and while not necessary, it's better than just using ice. Most patients use the machine for 3-5 days. Call David w/ questions at 559-625-2476.

#### Blood Clot Prevention:

- Getting up and walking around frequently during the day is typically all that you need – at least once every hr or 2 is usually enough to prevent blood clots in your veins
- The exceptions are if you smoke or take birth control medication, or and very concerned about this: Take 1 full strength 325 mg aspirin daily for 2-4 weeks to minimize your risk

#### Activity:

- Put full weight on your leg as your pain tolerates after surgery with crutches & the brace on
- Wear brace at all times even while sleeping.
- Do not return to work until the following week, and only return if you can do so safely.
- It's safest to not drive until your first follow-up appointment. If you're no longer taking narcotics, and you're leg is full strength it may be okay to start earlier.
- A Continuous Passive Motion (CPM) machine prescription was faxed to Total Care and they will be calling to set up a date to drop off the machine. Your insurance should cover at least most of this. Call them at if there are questions or if you haven't heard them.

#### Physical Therapy:

- You should have been given a physical therapy prescription at your pre-op visit, if not call the office and request we fax one and give you the phone number
- Call and schedule your first appointment for 4 to 9 days following your surgery.
- Review the therapy protocol so you have an idea of the timeline of what you'll be doing.

#### Follow-up Appointments:

- Your 10-14 day post-op appointment should have been made at your pre-op visit, but if not call 559-733-3346.
- The following standard post-operative visits will be scheduled at will be at the following time frames following surgery: 7 weeks, 14 weeks, and 6 months

#### Questions:

- Call 559-733-3346 and ask for Debbie or Jessica during the day, or Dr. Duncan in the evenings.

#### Emergencies:

- If you have emergent questions or concerns that can't wait until the day, you may dial the same office number and will get the on call orthopedic doc. If it's not Dr. Duncan, the surgeon that answers your call won't know who you are, so be sure to clarify that you are one of Dr. Duncan's patients, tell them the surgery you had, and how many days ago you had surgery.
- It is our office policy not to prescribe medications over the phone. If you need any medication during the night or weekend, you'll have to go to the emergency room.