

THOMAS F. GOLDEN, M.D.

A Professional Corporation

Diplomate American Board of Orthopedic Surgery

Fellow American Academy of Orthopedic Surgery

Ventura

168 N. Brent St., Suite 505

Ventura, CA 93003

Office: (805) 648-3902

Fax: (805) 648-4014

ACL Surgery Instructions

We are planning an ACL reconstruction surgery to fix your torn ACL. The surgery will take about 2 hours. I use minimally invasive arthroscopic surgical techniques. The incisions will be as small as possible. The graft used to reconstruct the ACL is either taken from a tendon in your knee (auto-graft) or a donor graft (allograft) as we have discussed. We will order a brace for you which you need to bring to surgery. We will also send a prescription for pain medication to your pharmacy at the time of your pre-op visit--so you can get it filled prior to the surgery.

You will have a chance to speak with the anesthesiologist prior to the surgery to discuss the kind of anesthesia that you will require. Please don't eat or drink anything after midnight. I will speak with your family right after the surgery either by phone or in the waiting room.

I inject some pain medication into the knee after the surgery that can last about 6 hours. Take your pain med at home when you need it. After surgery eat lightly because nausea not uncommon the first day after anesthesia.

After the surgery, you can remove the dressing and shower (no bath) 3 days after surgery. Leave the Steri-strips covering the wound in place. Your brace will be set so your knee remains straight during walking and at night while sleeping. Otherwise, you can unlock the brace and bend your knee to 90 degrees. Use your crutches and apply partial weight 50%, as instructed by the Physical Therapist. Use an ice machine or an ice pack at least 20 minutes every couple of hours while awake, and keep your leg elevated as much as possible. If it's your right leg, I don't recommend driving for 4-6 weeks.

I recommend that you take a baby aspirin, 81mg, once a day for one month after the surgery to help prevent a blood clot in your leg.

When I see you in the office after surgery within one week. I will explain exactly what I did to fix your knee, and I will show you pictures of the surgery. During that visit, I will inspect the incisions, remove the sutures, and give you exercises and/or physical therapy as indicated. Plan to wear the brace for about one month.

Please call us if you are having trouble or have any questions at 648-3902 x 106. Ask for Angela.