

ACL/PCL/LCL/MCL

Prisma Health Orthopedics

The Sports Medicine Center

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Injury to the ACL (anterior cruciate ligament) is a common cause of knee disability. The ACL is an important stabilizer of the knee, particularly for lateral (side-to-side) movement and is extremely important for normal knee function in athletically active individuals. Generally speaking, if the ACL is completely torn it does not heal on its own and treatment may be necessary. Not all individuals with a tear of the ACL require surgical repair. The decision for surgery is individualized depending upon the patient's activity level, degree of symptoms, and injury to other parts of the knee (i.e. meniscus cartilage). Reconstruction is performed on an outpatient basis now almost exclusively. The surgery is performed arthroscopically with an incision to harvest a new ACL graft which will function as your new anterior cruciate ligament. Alternatively, reconstruction may be performed with a tendon graft from a cadaver (donor tendon). Surgical time is approximately 90 minutes depending upon the number and extent of associated injuries identified. A complete arthroscopic evaluation of your knee will be performed prior to ligament reconstruction and all injuries to the meniscus or articular cartilage lining of the bones of the knee will be treated at the same time. Arthroscopic photographs of your knee will be provided to you on the day of your surgery.

Pre-operative Instructions:

- Do not eat or drink anything after midnight the night before your surgery.
- Please discontinue aspirin and anti-inflammatory medicines such as Motrin, Aleve, Advil, and Ibuprofen 10 days before your surgery if possible to minimize bleeding.
- If you take a diet medication that contains phentermine (Adipex) you must discontinue use of it 2 weeks prior to surgery.
- You may take anti-inflammatory medicines such as Celebrex or Mobic prior to surgery because these medicines do not affect your bleeding time or clotting capability.
- Please discontinue the use of any herbal supplements two weeks before your surgery to minimize anesthetic risks. Some herbs are biologically very important. The following specific herbs should definitely be discontinued prior to surgery: valerian, echinacea, ephedra, ginkgo, kava, garlic, ginseng, and St. John's wort.
- **Anesthesia:** The type of anesthesia used is between you and the anesthesiologist. However, we recommend that you strongly consider a general anesthesia and a local anesthetic.

Post-operative Instructions:

Anterior cruciate ligament (ACL) reconstruction and Posterior cruciate ligament reconstruction (PCL) is outpatient surgery but it is not minor knee surgery like a simple knee arthroscopy. Although the ACL or PCL is reconstructed arthroscopically, the recovery time is longer. The following is a list of what you can expect postoperatively:

- **Pain** is significant but manageable with narcotic pain medications for the first few days. Narcotic pain medications may be necessary for up to 2 weeks for the average person. You may also take anti-inflammatory medicines with the narcotic medicines after surgery. **Refill requests for pain medication called in after 3:00 pm may not be responded to until the next business day. Be aware that use of narcotic pain medication may cause constipation. You may use over the counter stool softeners or laxative as needed. Drinking large amounts of fluids will help with this as well.**
- **Post-op medications:** Aspirin 325mg-take 1 tablet daily for 3 weeks to help with preventing any blood clots. Also Ondansetron (Zofran) 4mg-take as needed for increased nausea/vomiting and prescription for narcotics, which is to be used for pain control. These all will be sent to your pharmacy on file with our office before surgery. Please pick up medications at your pharmacy. **Please bring them with you for review the day of surgery.** You may alternate these medications every 3 hours as needed to control pain.

- Driving time: If the surgery is performed on your left leg, you may expect to drive one week after your surgery if you are off all narcotic medications. If the surgery is on your right leg, you may not be able to drive for three to five weeks depending upon the individual. Driving with automatic transmission (as compared to manual transmission) is recommended.
- Showering: You may change the dressing 48 hours after your surgery. You may shower four days after surgery, ok to get wounds wet at that time. You may have little white strips (steri-strips) across your incisions. Please leave these in place when changing the dressing because they help to hold the edges of your incision together. Remove these are two weeks if they have not been removed yet.
- Crutches: Crutches will be necessary for the first couple of weeks after your surgery. However, occasionally a knee brace may be necessary depending upon the surgical procedure. If a brace is necessary, it will be provided to you on the day of surgery. During your surgical procedure you will be placed in compression type lower extremity stockings to help reduce any possibility of post operative blood clotting. Your insurance company will be billed for the crutches, brace and compression stockings however many insurance companies do not cover these charges.
- Icing: Postoperatively, we may apply a cold therapy system which is a cooling device will be placed around your knee if you choose. This cooling device is recommended to reduce swelling, decrease pain, and decrease inflammation. When applying this to your knee, please do not allow the cooling wrap to directly touch your skin because this may cause blistering. Place the wrap around your knee over an ACE wrap to prevent skin problems. After the first 48 hours, it is no longer necessary to use this continuously but only as needed for pain and swelling. Ask your nurse in the recovery room prior to discharge if you have any questions. The cost of the ice unit is not covered by insurances; however the cost of this unit is \$135.00 to buy. **If you would like to purchase this or have any other questions please contact our office to get this. When elevating the leg to ice, put the pillow under your foot. The ankle should be higher than the knee, and the knee higher than the hip.**
- Physical therapy: P.T. visits will be needed twice a week for up to 4 months depending upon the individual. We will schedule your therapy visits within the first week after surgery. **Your goal in therapy is to obtain full extension as soon as possible after surgery. This will help make you feel better.**
- CPM machine: In ACL and MPFL cases we require the use of a continuous passive motion (CPM) machine at home for the first few weeks after surgery to help you regain your knee range of motion. This will be delivered to your home by ACO and you will be instructed in how to use it. Typically, patients begin with the motion machine by the second or third day after surgery The Company that will be delivering the machine is ACO and you can contact them directly at 360-618-9907 if a CPM has been ordered by Dr. Holmes.
- When will my knee have full range of motion? The amount of time varies depending upon the individual and the type of graft used. Ideally, you should obtain full extension within the first two weeks. Most people have full range of motion by eight weeks after surgery.
- Swelling: Significant swelling is normal for the first three to four weeks after surgery and may persist for up to three months.
- Healing time: Your sutures are usually removed 1-2 weeks after surgery if removable sutures are used. The ACL/PCL graft used to reconstruct your torn ligament takes about three to four months to heal and re-vascularize. It usually takes anywhere from four to six months to regain your quadriceps strength. Average return to sport and aggressive activity is six months after the date of surgery.
- Return to work: For a sedentary, desk type of job, one can generally expect to return to work in one week. Reduced hours may be necessary initially. For a moderately strenuous job (prolonged standing or walking but no squatting, climbing, or heavy lifting), one can expect to return around six weeks after surgery. For a strenuous job with no light duty available, return to work time can be up to three months.
- Out of Work Forms: Please provide our office with any forms from work that need to be addressed. The time required to complete these forms is reduced if you answer the non-medical questions (name, address, employer information, date of injury, etc.) prior to turning them over to us. We ask that you allow our staff 7 days to complete these forms.
- Success rate: The published success rate of ACL/PCL reconstruction is approximately 95%, regardless of the type of graft used. There is a 5% chance that the graft either will not heal properly or may be re-injured. The surgery is quite successful in providing you with a stable knee. However, the knee may not feel absolutely normal due to scar tissue, occasional aches or swelling, kneeling discomfort, or from symptoms related to damage to other structures in

the knee (cartilage, meniscus, etc.). Most people with symptomatic knee instability may expect to return to their normal recreational activities including exercise and sports with a high degree of satisfaction.

- **Surgical complications:** Most patients hopefully will experience no complications and enjoy a rewarding return to regular activities. However, like most surgical procedures, ACL/PCL reconstruction does have post-operative complications. Most complications are minor and include kneeling discomfort, areas of skin numbness around the knee, minor loss of knee motion, persistent swelling, or occasional pain in the knee. More severe and less frequent complications include infection, medical complications from anesthesia, blood clots, severe loss of motion necessitating additional surgery, re-rupture of the graft, or nerve injury.
- **In the event that you have a post-operative complication, please call the on-call physician (After 5:00 pm please call 803-296-9200).**

We hope that your experience with the Prisma Health for Orthopedic is as pleasant as possible. Dr. Holmes is Board-certified by the American Board of Orthopaedic Surgery and Fellowship-Trained in Sports Medicine and the arthroscopic treatment of knee, shoulder, elbow, and ankle disorders. It is his ambition to return you to activities that you enjoy in the most minimally invasive manner possible utilizing both non-surgical and surgical methods.

We will be contacting you closer to the time of surgery to discuss benefits. Prisma Health Orthopedics will collect the physician portion prior to surgery. You will receive bills afterwards for any facility fees or anesthesia; they are separate from the physician fee. Please understand we will try our best to make these estimates as close to the correct amount as possible, but they are estimates and it could change if the procedure changes.

If you have any questions or concerns please contact our care team at 296-9260 or email us at SWHCareteam@palmettohealth.org

Office Locations:

Monday 100 Palmetto Health Parkway, Suite 320, Columbia SC 29212

Tuesday 104 Saluda Pointe Dr., Lexington, SC 29072

Thursday 104 Saluda Pointe Dr., Lexington, SC 29072

Wednesday and Friday-Surgical days