

BEAR ACL REPAIR WITH MENISCUS ROOT REPAIR

Your First Two Weeks After Surgery

Your surgery is done, and now the recovery starts. This guide walks you through the first two weeks, from the day of surgery until **your PA visit at 2 weeks** (your follow-up with our physician assistant). Keep it somewhere handy. It answers most of the questions patients call us about. Your medicines are covered in the separate **Medication Guide** that comes with it.

YOUR PLAN AT A GLANCE

WEIGHT ON YOUR LEG	None for 6 weeks. Crutches carry all your weight
BRACE	Locked straight for walking and sleeping. Unlocked only for seated bending
BENDING	Only to 45° for 2 weeks , then never past 90° until 6 weeks . Never forced
STRAIGHTENING	Fully straight is the #1 priority. Never rest with a pillow under your knee
PHYSICAL THERAPY	Starts 5 to 7 days after surgery, 2 times a week
SHOWERING	Starting 48 hours after surgery. No baths, pools, or hot tubs for 4 weeks
FOLLOW-UP	Your PA visit at 2 weeks
QUESTIONS	(425) 656-5060 , day or night

What We Did

Your ACL (anterior cruciate ligament) is one of the main ligaments that keeps your knee stable. Instead of replacing it, we **repaired your own ACL**. We brought the torn ends together around a small sponge-like implant, the **BEAR implant**, filled with a little of your own blood. It acts as a bridge that helps the ligament heal. We also **repaired the root of your meniscus**, where this cushion of cartilage anchors to the bone.

Both repairs are **delicate for the first several weeks**. The ACL repair needs a locked brace and gentle motion that you do yourself. The root repair needs **no weight at all: even one step can pull it loose**.

Your three jobs for the next two weeks

- **Protect both repairs.** No weight on the leg, brace locked for walking and sleep, no forced bending. Bend only to 45° for now, and **never past 90° until 6 weeks**.
- **Get the knee fully straight, and keep it straight.** A knee that doesn't straighten early is hard to fix.
- **Wake up your quad** (the big muscle on the front of your thigh). Ice, elevation, and quad exercises turn it back on.

Day by Day

What to do, and what to expect, from the day of surgery to your PA visit.

DAY 0

The Day of Surgery

Goal: Rest, ice, elevate, and keep all weight off the leg.

Rest today. The main goal is to **prevent swelling and pain** and get your recovery started. **Icing and elevation** are the two best ways to do that.

- **Keep the knee straight.** When lying in bed or on the couch, put a pillow **under your calf**, not under your knee. The knee should rest fully straight. This position is uncomfortable at first, but it is the most important position for your recovery.
- **Ice right away.** Loosen the brace, put the ice machine pad directly over the ACE wrap, and strap the brace back on. The dressing protects your skin. Use it **20 minutes on, 20 minutes off**.
- **Your leg will feel heavy.** Have someone help you move it, or loop a towel around your heel to lift it.
- **The brace stays locked straight** whenever you are up on crutches, and **when you sleep**.
- **No weight on the leg, not even your toes.** Use both crutches for every trip, and keep the surgery foot off the floor.
- **Ankle pumps:** point and flex your foot 20 times every hour you are awake. This keeps blood moving in your calf.

Your nerve block

Before surgery you had a **saphenous nerve block**, numbing medicine placed near a nerve on the inside of your thigh. It numbs the inside of your knee and shin and usually wears off **12 to 24 hours** after surgery. Pain often climbs the first night as it fades. **Take your pain medicine before bed on the first night, even if you feel fine.** It is much easier to stay ahead of pain than to catch up to it. Numb skin can't feel when it is getting too cold, so **never put ice directly on bare skin**.

Before bed tonight

- ☐ Pain medicine taken
- ☐ Ice machine on, leg elevated on a pillow under the calf
- ☐ Ankle pumps done
- ☐ Brace on and locked straight, crutches next to the bed

DAY 1

The Day After Surgery

Goal: Take off the bulky dressing, refit the brace, and start gentle motion, up to 45°.

1 Remove the bulky dressing

Lie down with the leg straight. Undo the brace straps and remove the ACE wrap. **Save the ACE wrap.** Under it are gauze pads. Some dried blood on the gauze is normal. Throw the gauze away. Underneath are small tape strips on your skin called **Steri-Strips**. **Leave them alone.** They fall off on their own in 2 to 4 weeks, and you don't need to cover the incisions when they do. No Band-Aids needed. **No creams, lotions, or ointments** on the knee for 4 weeks.

If the gauze is soaked through or an incision is actively dripping, call **(425) 656-5060**. This is very unlikely.

2 Refit the brace

Put the brace back on, locked straight. It will feel loose now that the dressing is off and some swelling has gone down. Undo the Velcro and shorten the straps to snug it up. If a strap or hinge rubs on an incision, wrap the ACE wrap between your skin and the brace. With the bulky dressing off, the ice machine also works better.

3 Start bending your knee, gently, up to 45°

Do this sitting down, with the brace unlocked.

- Sit on the edge of the bed or a sturdy chair.
- Let the knee bend slowly, **using your own muscles**, to about **45°**, halfway to a right angle. Your brace can be set to stop you there.
- **Never force it.** No one should push or pull on your knee, and don't use your hands or a towel to crank it farther.
- To straighten back out, put your other foot under your ankle and lift the leg slowly.
- Repeat several times a day. **Lock the brace straight again** before you stand up.

The two positions for your knee

Your knee should be in one of two positions: **out straight in the locked brace, or doing your seated bending exercises.** The most comfortable position is "slightly bent," with a pillow under the knee. **Avoid that position.** Let gravity straighten the knee. Never have anyone push down on it.

4 Wake up your quad

- **Quad sets:** With your leg straight, tighten the muscle on the front of your thigh by pushing the back of your knee down into the bed. Try it on your other leg first to feel what it should feel like. Hold 6 to 10 seconds, then relax. Do sets of 10 throughout the day, **every hour you are awake.**
- **Straight-leg raises:** With the brace locked straight, lift the leg 6 to 12 inches off the bed and hold for 10 seconds. Start these **only when your therapist says your quad is ready.**
- **No bridges** (lifting your hips off the bed) and no exercises lying on your stomach for now. They push force through the knee.
- **Electrical stimulation (NMES):** once PT starts, your therapist will put small pads on your thigh that make the quad contract. It is a key part of BEAR recovery. The therapist provides it; you don't need a home unit.

Walking with no weight

Move both crutches forward, then **hop through on your good leg.** Keep the brace locked and the surgery foot off the floor. **Do not rest your toes on the floor**, even to balance. When you sit, rest the leg out straight in front of you.

Sleeping

Sleep in the brace, locked straight, for the first 6 weeks. Keep the leg straight on a pillow under the calf, and keep your crutches next to the bed.

DAYS 2–7

The Rest of the First Week

Goal: No weight, straight knee, gentle motion to 45°, quad firing, physical therapy started.

- **Keep working on straightening.** Prop your heel on a pillow and let gravity do the work. Keep doing your seated bending, **only to 45°**.
- **Quad sets every hour** you are awake.
- **Start physical therapy 5 to 7 days** after surgery. Bring your PT prescription and protocol. Take your pain medicine about 30 to 60 minutes before PT if motion is painful.
- **Shower starting 48 hours after surgery.** See the Frequently Asked Questions.
- **Swelling peaks around days 2 and 3**, and bruising may creep down to your ankle. Both are normal. A leg that hangs down swells more, so keep icing and elevating.
- **Still no weight on the leg**, even when it feels good. Rest with the leg elevated between short trips.
- **Start cutting back the narcotic pain medicine** as the pain allows. See your Medication Guide.

WEEK 2

Until Your PA Visit

Goal: Straight knee, gentle motion, a stronger quad, still no weight.

- **Keep the knee fully straight.** This stays the #1 priority.
- **Bending:** stay at 45° or less until your PA visit. After 2 weeks, seated bending usually moves up to 90°, and **never past 90° until 6 weeks**. No squatting, lunging, or kneeling past 90° for 5 months.
- **Brace:** stays locked straight for walking and sleeping. We'll adjust it at your visits. It is usually fully unlocked around 6 weeks.
- **Crutches and no weight until 6 weeks.** At that point we'll start you on partial weight, a little at a time.
- **At PT, your therapist may use a blood flow restriction (BFR) cuff** to keep your thigh muscles from shrinking. The therapist provides it; you don't need a home unit.
- **School or desk work:** most people are ready 10 to 14 days after surgery. Keep icing and elevating when you can.
- **Keep going to PT** and doing your home exercises.

Your PA visit at 2 weeks

We will check your incisions, your motion, and your strength, review how PT is going, and answer your questions. Write your questions down as they come up, and bring this guide and your brace.

Managing Pain

Your medicines are explained on the separate **Medication Guide** that comes with this packet. Medicine is only one of the tools you have. These have been shown to lower pain and the amount of narcotic medicine people need:

- **Ice, elevation, and the anti-inflammatory medicine.** These three together are your best tools for pain and swelling.
- **Mindfulness meditation** has been shown to help with pain after surgery. Guided meditations are free at mindfulness-for-pain.mindful.org.
- **Listening to music** lowers pain levels and the need for narcotic pain medicine after surgery.
- **Accept that some pain is part of healing.** Your body sends blood flow and energy to the areas that hurt, and that is part of recovery. After the first couple of days, our goal is a pain level of about **6 out of 10 with medicine**. "Zero pain" is not the goal.

Expect pain to be worst on days 2 and 3. Most patients feel pretty good the day of surgery because of the numbing medicine used during surgery. Then things get sorer before they get better. This is normal and it passes.

Constipation

Narcotic pain medicine commonly causes constipation. Try these in order:

1. Cut back on the narcotic pain medicine if your pain allows.
2. Drink plenty of water and other decaf fluids.
3. Eat dried prunes or drink prune juice.
4. Take Senna (Senokot), an over-the-counter laxative.
5. Add Miralax, a stronger over-the-counter laxative.
6. If you have not had a bowel movement in 5 days, call the office.

Your Ice Machine

If you have an ice machine (most of our patients have the **Breg Polar Wave**), **use it a lot**. It is one of the most effective tools you have for swelling and pain, especially in the first two weeks.

- **Use it 20 minutes on, 20 minutes off**, as often as you can while you are awake.
- **Day of surgery:** Put the pad on right over the ACE wrap and bandage. The dressing protects your skin.
- **Compression is fine from day one.** If your machine has a compression setting, use it. Cold plus compression controls swelling better than ice alone.
- **After the bulky dressing comes off:** Always keep a thin layer (a t-shirt, pillowcase, or the ACE wrap) between the pad and your skin. Check your skin each time you take the pad off.
- **Keep the leg elevated while icing.** Ice works best when the leg is above your heart.
- **No ice machine?** Bags of ice or frozen peas wrapped in a thin towel work well, on the same 20 minutes on, 20 minutes off schedule.

Eat to Heal

What you eat has a **direct effect on how well and how fast you recover**. After surgery your body breaks down muscle to get the building blocks it needs for healing. Good nutrition lets it rebuild instead.

- **Protein:** Aim for 1.6 to 2.0 grams per kilogram of your ideal body weight each day. Most people eat far less. A protein shake is an easy way to close the gap when your appetite is low.
- **Creatine:** 10 grams a day. It helps muscle energy and lowers inflammation, and it is one of the most studied and safest supplements. Let your other doctors know you take it, since it can raise a kidney number (creatinine) on blood work.
- **Vitamin D:** 2,000 to 5,000 IU a day. Important for bone healing and your immune system.
- **Vitamin C:** 500 mg twice a day. Your body needs it to make collagen, the protein that holds tendons, ligaments, and your repair together.
- **Collagen peptides:** 10 to 20 grams a day, taken with the vitamin C.
- **Water:** 8 to 10 glasses a day. Well-hydrated patients have less pain, nausea, and fatigue.

The full nutrition guide is at merrittsurgery.com/surgeries/nutritional-optimization

Is This Normal?

Use this page to decide whether to wait it out, call us, or call 911.

OK NORMAL

NORMAL — expected after surgery

- **More swelling on days 1 to 3** than on the day of surgery
- **Bruising** that spreads down the shin, calf, ankle, and even the foot over the first week (gravity pulls it down)
- Some **bloody fluid** on the bandage for the first 24 to 36 hours
- A **low fever up to 100.5°F** for the first 2 to 5 days. Deep breaths help bring it down
- **Numbness** around the incision and nearby skin. It usually improves, but can take 6 to 12 months
- A **warm** knee for several weeks
- Trouble sleeping, low energy, or feeling down for a few days

CALL CALL US

CALL US — (425) 656-5060

- **Temperature of 101.5°F or higher**, or shaking chills
- **Redness that spreads** away from an incision, or drainage that is cloudy, smells bad, or soaks the gauze
- Any drainage that **starts or continues after day 4**
- **Calf pain or swelling that keeps getting worse**, especially if it is only in one leg
- Pain that is **not controlled** by your medicines
- Nausea or vomiting that keeps you from keeping down fluids or medicine
- **Unable to urinate** for 8 hours after surgery
- **Black or tarry stools**, vomiting blood, or bleeding that won't stop
- **Foot that is numb, tingling, cold, or pale** and doesn't improve after loosening the brace and wrap

911 EMERGENCY

CALL 911

- **Chest pain**
- **Shortness of breath** or trouble breathing
- Coughing up blood
- Fainting or passing out
- **Very sleepy, hard to wake up, or slow or shallow breathing** (possible narcotic overdose)
- Swelling of the face, lips, or throat, or a widespread rash (allergic reaction)

Don't see an answer to your question here?

Call our office at **(425) 656-5060**, day or night
Learn more at **merrittsurgery.com**

Frequently Asked Questions

Can I put any weight on my leg?

No. None at all for 6 weeks, not even your toes touching the floor. The meniscus root takes about 6 weeks to heal to the bone, and a single step can pull it loose. After 6 weeks we'll start you on partial weight.

When do I need the brace?

Locked straight whenever you are up on crutches, and when you sleep. Unlock it only for your seated bending exercises, then lock it again. You can take it off to shower and to check your skin, keeping the leg straight. The brace is usually fully unlocked around 6 weeks.

Why can't anyone stretch my knee?

Forced stretching can strain your healing ACL. **All of your motion should come from your own muscles.**

Why can't I bend past 90°?

Bending past a right angle pulls on the meniscus right where it was stitched, and can tear the repair before it heals. After 6 weeks you can bend farther, but **squatting, lunging, or kneeling past 90° stays off-limits for 5 months.**

When can I shower?

Starting **48 hours after surgery. Sit on a shower chair or tub bench** so you never stand on the leg. Take off the brace and ACE wrap and leave the Steri-Strips on. Let soapy water run over the knee, but don't scrub it. Pat it completely dry, then put the brace back on, locked straight. **No baths, pools, or hot tubs for 4 weeks.**

Do I need to change the bandage?

After you remove the bulky dressing on day 1, you usually don't need any bandage. If an incision drains a little, put a gauze pad over it and hold it with the ACE wrap. **Do not remove the Steri-Strips**, even if they get wet or bloody. They fall off on their own. The stitches dissolve, so nothing needs to be removed.

How do I do stairs on crutches?

"Up with the good, down with the bad." Going up, hop up with your good leg first, then bring the crutches up. Going down, put the crutches down first, then hop down with your good leg. **Keep the surgery foot off the steps.** Many people find it safer to go up and down on their bottom.

When can I drive?

Right knee: you must be off crutches, have the brace unlocked or off, be off all narcotic pain medicine, and be able to brake hard. That is usually about 8 to 12 weeks. **Left knee (automatic car):** usually about 6 weeks, once the brace is unlocked. Either way, you must be **out of the locked brace** and off all narcotic pain medicine. There is no set date, and it is not up to your surgical team to release you. The rule is that you must be a safe, unimpaired driver.

When can I go back to school or work?

Desk work or school usually 10 to 14 days after surgery, on crutches. Jobs that involve standing, walking, or lifting take longer, and we'll plan that together at your visits.

Can I travel or fly?

Long car rides and flights raise the risk of blood clots. It's best to avoid them in the first two weeks. If you must travel, move around every hour on crutches, do ankle pumps often, and keep taking your aspirin. Please let us know before you go.

How do I get a refill?

Call **(425) 656-5060** during business hours, Monday through Friday, a day or two before you run out. Narcotic pain medicine cannot be refilled after hours or on weekends. You can also ask at your PA visit.

YOUR MEDICATION GUIDE

Sports Surgery – Limited Weight Bearing

After surgery you go home with a small team of medicines. **Each one has a specific job**, and they work best together. This guide explains what each medicine is for, how to take it, and when to stop. Your prescription labels have your exact doses. If anything here differs from your label, follow the label and call us.

Blood clots are a bigger risk than usual while your weight bearing is limited or your brace is locked. That is why your aspirin lasts a full 6 weeks.

Your Medicines at a Glance

These are my standard medicines after this surgery

Your plan may be different because of your allergies, your health history, or a different plan for pain or blood thinners (anticoagulation). If we discussed a different plan with you, follow that plan and your prescription labels.

Type	Medicine	Its job	How to take it
SWELLING	Anti-inflammatory medicine usually meloxicam (Mobic)	Calms swelling and inflammation where you had surgery, which also lowers pain.	Twice a day, with food
PAIN	Acetaminophen (Tylenol)	Works on pain in a different way than the other medicines, so together they work better with fewer side effects.	Every 8 hours
CLOTS	Aspirin 81 mg baby aspirin	Thins the blood slightly to prevent blood clots after surgery while you are less active.	Twice a day, unless you were given a different blood thinner plan
PAIN	Narcotic pain medicine usually oxycodone (or hydrocodone or Dilaudid)	Takes the edge off strong pain so you can rest, sleep, and do your exercises.	As needed
HELPER	Anti-nausea medicine ondansetron (Zofran) If prescribed	Settles nausea from anesthesia or the narcotic.	As needed
HELPER	Miralax and Senna	Treat constipation from the narcotic, if it happens.	Only if constipated
HELPER	Omeprazole 20 mg Prilosec	Protects your stomach if the anti-inflammatory or aspirin upsets it.	Only if stomach upset

A Typical Day

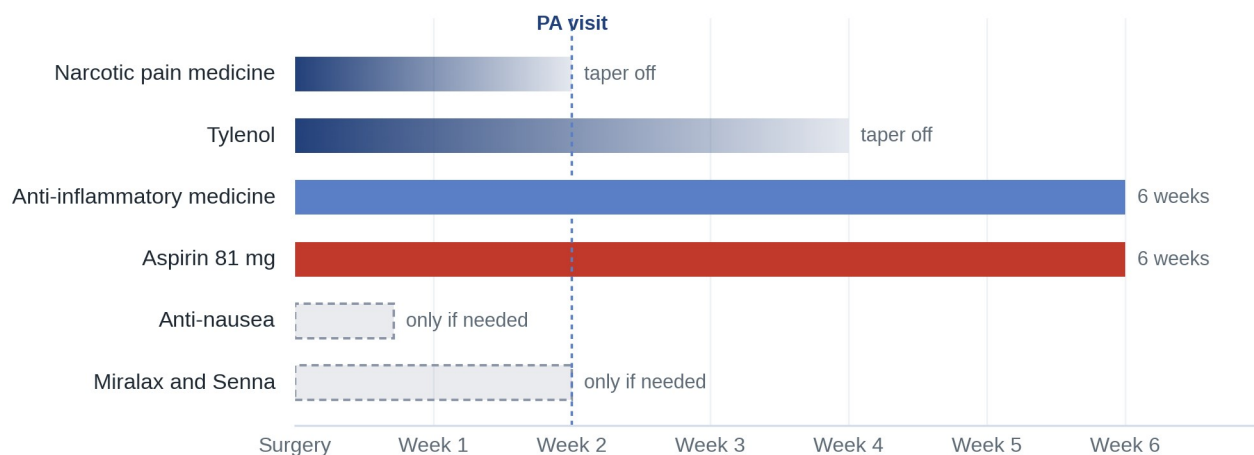
Scheduled medicines, spread through the day. Take the morning and bedtime doses with food or a snack.

Medicine	Morning with breakfast	Afternoon around 3 pm	Bedtime with a snack
Anti-inflammatory medicine	●		●
Acetaminophen (Tylenol)	●	●	●
Aspirin 81 mg	●		●

Only when needed: Narcotic pain medicine; Anti-nausea medicine; Miralax and Senna; Omeprazole 20 mg. Follow the label for how often.

How Long to Take Each One

Solid bars: take every day for the full time. Fading bars: taper off as you feel better. Dashed: only if needed.



Stop them in this order

- 1. Narcotic first.** Most people are off it within 1 to 2 weeks.
- 2. Tylenol next,** once your pain is manageable without it.
- 3. Aspirin and anti-inflammatory at 6 weeks.** Always finish the full aspirin course. It protects against clots while your weight bearing is limited.

Each Medicine in Detail

Anti-inflammatory medicine usually meloxicam (Mobic)

Its job: Calms swelling and inflammation where you had surgery, which also lowers pain.

How to take it: Take **twice a day** (morning and evening) **with food**, as directed on the bottle. Keep taking it for **6 weeks**, even when you feel good. We can discuss continuing it at your 6-week visit.

- **Do not add ibuprofen (Advil, Motrin) or naproxen (Aleve).** They are the same family of medicine, and taking two together raises the risk of stomach bleeding.
- Not prescribed if you are allergic to anti-inflammatories. If you already take your own anti-inflammatory, keep taking yours instead.

Acetaminophen (Tylenol)

Its job: Works on pain in a different way than the other medicines, so together they work better with fewer side effects.

How to take it: Take **1,000 mg (two 500 mg tablets) every 8 hours**. Continue until your pain is manageable without it.

- **WARNING: Never take more than 3,000 mg of acetaminophen in a day from all sources combined.** Too much can seriously damage your liver.
- Some narcotic pills (such as Norco or Percocet) and many cold and flu medicines also contain acetaminophen. If yours does, it counts toward the 3,000 mg. We usually prescribe plain oxycodone for this reason. If you are not sure, ask your pharmacist or call us.

Aspirin 81 mg baby aspirin

Its job: Thins the blood slightly to prevent blood clots after surgery while you are less active.

How to take it: Unless we have discussed a different blood thinner plan with you, take **1 tablet twice a day** (morning and evening) for **6 weeks**. Finish the whole course, even if you feel great.

- **Some patients get a different blood thinner instead of aspirin**, for example if you already take one (such as Eliquis, Xarelto, or warfarin) or need a stronger one after surgery. If we have discussed a different plan with you, follow that plan instead of these aspirin instructions, and do not take aspirin on top of it unless we tell you to.
- If it upsets your stomach, take omeprazole (below).

Narcotic pain medicine usually oxycodone (or hydrocodone or Dilaudid)

Its job: Takes the edge off strong pain so you can rest, sleep, and do your exercises.

How to take it: Take as directed on the bottle, **only as needed** for pain. Use the lowest dose that keeps your pain around 6 out of 10.

- **Do not drive**, drink alcohol, or take sleeping pills or anxiety medicine (like Ambien or Xanax) while taking it.
- It causes constipation. See Miralax and Senna below.
- **This is the first medicine to stop.** See "Stop them in this order" on page 2 for how long most people need it.
- Store it out of reach, and take any leftovers to a pharmacy drop box when you are done.

Anti-nausea medicine ondansetron (Zofran)

If prescribed

Its job: Settles nausea from anesthesia or the narcotic.

How to take it: Take as directed, **only as needed** for nausea. The dissolving tablet goes on your tongue if you can't keep pills down.

Miralax and Senna (over the counter)

Its job: Treat constipation from the narcotic, if it happens.

How to take it: Only if you become constipated. Start with Senna, and add Miralax if you still need it. Follow the package directions, and see the constipation steps in your post-op packet. Stop when you stop the narcotic.

Omeprazole 20 mg (over the counter) Prilosec

Its job: Protects your stomach if the anti-inflammatory or aspirin upsets it.

How to take it: Only if you get an upset stomach or heartburn: take 1 capsule once a day, 30 minutes before breakfast.

- If you already take a stomach medicine (Prilosec, Nexium, Protonix, Pepcid), keep taking yours instead.

Questions about your medicines?

Call our office at **(425) 656-5060**, day or night.

Refills: call during business hours, a day or two before you run out.

Call 911 for trouble breathing, or swelling of the face, lips, or throat after taking a medicine.