

General Information Following PCL Reconstruction

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- Following surgery patients will be in the Recovery Room for approximately 1 hour. The family will be contacted by nursing personnel when the patient has been transported to the holding area. Usually one family member at a time is allowed to see the patient.
- Dr. Bach prefers to personally see his patients prior to discharge. Please understand that he may be in the operating room with another patient. Please be patient.
- Following discharge you will be transported by wheelchair to outpatient physical therapy to review crutch-walking, motion exercises, and prone heel hangs.
- Pain medication is injected into the wound and knee joint. This will wear off within 8 to 12 hours.
- It is normal for the patient to have more discomfort and knee stiffness the day following surgery.
- It is safe and, in fact, preferable to move your knee within the limitations that Dr. Bach recommends.
- A brace or immobilizer should be worn **at night** to encourage early complete knee extension recovery.
- It is normal for the knee to bleed and swell following surgery. This may require aspiration (removal) in the early postoperative period. If blood soaks onto the ACE bandage do **not** become alarmed. Reinforce this with additional dressings or a towel. You do **not** need to go to an emergency room. You do **not** need to call our office if you note bleeding on to your dressings.
- The patient will be seen the **day after surgery** for a dressing change. If surgery has been performed on a Friday, the Chief Resident or Sports Medicine Fellow on the sports service will perform the dressing change for Dr. Bach in Suite 1063 at the Professional Office Building on Saturday morning. This doctor will make a decision whether the knee requires aspiration dependent upon swelling, discomfort and range of motion. Dr. Bach is called after this visit by the doctor. If surgery is performed on Tuesday the patient will have a dressing change at our River City office on Wednesday. The dressing will be blood saturated. New dressings will be applied including steristrips. The amount of swelling will be checked to determine whether

