

Pre-Procedure: ACL Reconstruction

As you get ready to have ACL reconstruction you may be feeling a bit nervous. That's understandable. After all, you don't have surgery every day.

Still, stay focused on the positive. Soon you'll be able to get back to the activities you enjoy doing most. Knowing what to expect with surgery can also help you feel less anxious and better prepared.

Here are the facts behind some common concerns about ACL reconstruction.

How will I feel after surgery? You'll likely have some pain afterward. Everyone is different and your care team can't predict the exact level of discomfort you may have.

But now for the good news. Any pain will get better over time and your care team is well-equipped to help you manage it. Pain control options have come a long way over the years. Talk with your healthcare provider beforehand about the best ways to ease your pain.

How long will recovery take? No doubt about it. Your body will need time to heal. How long depends on many things including your overall health and fitness before surgery.

Your care team will put together a personal rehab plan to help you recover in the months after your procedure.

If you're an athlete returning to your sport may take a while as you gradually heal and get stronger. To help speed things up stick with your rehab plan especially the physical therapy.

What about reinjury? Yes there's a chance you can reinjure your knee after surgery. More so if you're an athlete or otherwise active person. You can do a lot though to lower that risk. Physical therapy is key.

Keep in mind too that recovery takes time. So adjust your goals if needed. And if you're feeling down or scared about reinjury tell your healthcare provider or physical therapist.

They're here to help. They wanna make sure you're ready both physically and mentally when you get back to the activities you enjoy.

Still have questions or concerns? Your care team is here to help. Get in touch.