



Post-operative Instructions – ACL Reconstruction

Activity

You may put all of your weight on your operative leg but only with the brace on and locked out straight. Use crutches for support. When you are lying down or sitting you are safe to come out of your brace. Begin bending and straightening your leg, using the good leg to help if needed.

If you were given a continuous passive motion (CPM) machine, you may begin using it the night of surgery or the day after. Start the machine, one cycle a minute, 0-60 degrees, for 6 hours a day (It does not have to be all at once). Increase the flexion 10 degrees a day until you reach 90 degrees.

Do not drive until cleared to do so by me.

Pain Control

At the end of your surgery, numbing medication was placed in your knee. This typically lasts around 8-12 hours. Begin taking your medication when you get home, even if you are not in pain. This will keep your pain down when the numbing medicine wears off. Take all medications as directed.

If you were given a cold therapy device, use it as instructed. If not, ice the knee for 10 minutes at a time, several times a day. Do not apply ice directly to the skin. Ice is helpful for swelling and pain for the first 2 weeks.

Dressings

It is normal to have some minimal drainage on the dressing. If it becomes soaked, please call the office.

Keep the dressing on and dry for two days, then remove the outer dressing, leaving the steri-strip tapes on each wound. Apply band-aids over each incision. You may shower after you remove the dressing. It's ok to let the water and soap wash over the incisions. After the shower, replace the band-aids with dry ones. The steri-strip tapes may come off on their own.

Change the band-aids daily until the incisions are sealed and dry.

Follow-Up

If not already arranged, call the office as soon as you can to schedule your post-op visit for 7-10 days after surgery. We will review your surgery and photographs at that appointment.

Call Immediately for....

Bleeding that isn't stopping, temperature over 101.5 degrees, increasing severe pain, swelling or redness.