

POST OPERATIVE PATIENT INFORMATION FOR ACL RECONSTRUCTION SURGERY

BANDAGES. The bandage applied to your incisions may become moist or bloodstained; however, this is normal and results from fluid placed in the joint during surgery. If your bandage becomes saturated with bright red blood, please call me. You may remove the dressing in 2-3 days and apply clean 4x4 gauze bandages and ACE[®] wrap to wounds. You may shower after 2-3 days please cover area with clear plastic wrap (Saran[®] wrap). No soaking, bathtub / swimming until 4 weeks post-operative.

ACTIVITY: For the first few days after surgery you will want to limit your activities and rest your leg. Keep your leg elevated with a pillow under your ankle and use the cold therapy device/ice packs to minimize swelling and pain. Use the CPM (continuous motion machine) starting day of surgery or the following day, for at least 2-3 hours a session, three times daily (use it more if you like.) I also want you to spend at least 6 hours out of each 24-hour day with your knee fully extended in the brace (this is easiest to do while sleeping). When applying the straight leg brace, be sure to have your knee as straight as possible. When standing up or walking, please use the crutches provided and have the straight leg brace applied to your leg. With the brace supporting your knee, you may bear as much weight on your foot as tolerated (unless I tell you otherwise). There may be a sensation of splashing of fluid within your joint, however this is normal and should not cause you concern.

PAIN CONTROL. You will find that your knee is swollen and uncomfortable for the first few days after surgery. To reduce this, use the cold therapy device/ice packs and elevate the joint as instructed. You should take ibuprofen and acetaminophen (Tylenol) as directed, which can be obtained over the counter. You have also been provided with medication for pain relief use it as instructed for SEVERE PAIN and please take it with food to avoid stomach upset.

PRECAUTIONS: If you develop a fever of 101 degrees Fahrenheit or greater, if the pain you feel is much greater than that expected, or if you develop severe redness or swelling, please call. (You should expect some calf and ankle/foot swelling, as this occurs in all cases, but I am referring to more than you would expect.) If you develop a reaction to the pain medication provided, stop taking it and call my office. Please avoid direct sun light on the incisions until the scars are no longer red.

Note: I feel it is appropriate to remind you that although the external incisions are small you have had a major operative procedure within your knee joint. Scientific research has shown that complete healing after ACL surgery takes 12-24 months. Therefore, a very specific and thorough rehabilitation protocol has been developed to guide you in your post operative exercise and activities. You will begin this rehabilitation program after your postoperative visit. I will modify the protocol, if necessary, based upon your individual rate of healing and recovery.