

## Post-operative Instructions for ACL Reconstruction

### Dr. Agam Shah

#### General goals:

1. Full extension by 2 weeks
2. Flexion 0-90 degrees by 6 weeks
3. Flexion 0-120 degrees by 3 months
4. Brace is locked in full extension for ambulation for the first 2 weeks post-op, then open (0-90) for weeks 3-6

No Active Quadriceps from 0-30 degrees until 6 weeks

\*If a meniscal repair was performed, No flexion past 90 degrees until 6 weeks post-op\*

Driving: Left leg @ 2 weeks, Right leg @ 4-6 weeks

#### Day 1:

- Full weight bearing as tolerated with crutches and the brace locked out straight
- Keep leg elevated as much as possible (toes above your nose)
- Use ice pack or cryotherapy system
- Start quad sets: hold for 6 seconds, 30 repetitions, 4 times daily

#### Dressing Care

- Do NOT get the bandage wet.
- Remove the bandages and dressings (**not the white steri-strips**) after 48 hours
- Leave the white steri-strips on the skin until they fall off on their own. You may place band-aids over the small wounds.
- You may notice some drainage from the wound, this is normal. If this persists more than five days please call the office as a precaution (this can still be normal)
- If you have visible stitches on the skin, **do not get the wounds wet until you follow-up with your doctor**; otherwise, on the 2<sup>nd</sup> or 3<sup>rd</sup> day you may shower and let the water run over the wound, do not scrub the wound, just blot it dry. (No baths, pools, or hot tubs until told.)
- Some swelling or bruising around the knee or leg is expected and can last up to several weeks.
- Low-grade temperatures up to 101 are common after surgery, please call if temperature rises above 101.4.

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#### Medications

- You will have received a prescription for pain medication. Do not operate machinery or drive while taking this medication. May cause nausea or vomiting.
- You may have been given an anti-inflammatory medication. This may upset your stomach.
- You may have been given a prescription for an anti-nausea medication. Take as directed for any nausea associated with the pain medication.
- If you have been advised specifically by your surgeon to take aspirin after your surgery, please begin Enteric Coated Aspirin 325 mg for 2 weeks following your operation.
- Take your medications as prescribed.
- Any severe itching, hives or difficulty breathing, please call immediately.

#### Exercise

Perform straight leg raise exercises 20 times three times a day.

- Make sure you have minimal pain when doing exercises, if pain is severe, then perform less exercise or stop completely until pain decreases.
- On your first visit we will discuss the need for physical therapy unless otherwise already instructed.
- Again, you may put as much weight as tolerated on your knee.

#### Physical Therapy

- On your first visit after surgery, you may be given a prescription for physical therapy.

#### Return Visit

- If you do not already have a scheduled post-operative visit, please call for an appointment on the next business day.
- The first post-operative visit is usually 7-10 days unless instructed otherwise.
- If you have any problems, do not wait for an appointment, please call the office.