

# **POST-OPERATIVE INSTRUCTIONS: KNEE ACL SURGERY**

## **1. GENERAL:**

- Drink plenty of fluids
- Resume diet as tolerated
- Some swelling is normal after surgery

To reduce swelling, ELEVATE your leg on 2-3 pillows while you sleep for the first two or three nights.

Elevate your leg above heart level for at least 30 minutes/3-4 times per day.

PLACE PILLOW UNDER CALF OR ANKLE, NEVER UNDER KNEE.

- Wear cryocuff for first 48 hours, except while exercising, then use ice as needed for pain.

**If provided with sequential compression devices, wear them as directed until your follow up appointment with your surgeon. Please wear sequential compression devices when sedentary for greater than one hour.**

- Take an over the counter stool softener/laxative to avoid constipation (e.g. senna-s, pericolace)

## **2. INCISIONAL CARE:**

- Leave dressing and ace wrap intact until follow-up visit
- Do not wash incisions or apply ointment.
- Do not get wet. No showering until after first post-op visit.
- No tub baths or swimming until instructed by the doctor.

## **3. ACTIVITY:**

- Exercises begin the day of surgery 3 times per day for 30 minutes, unless directed otherwise.
- Nerve blocks may temporarily limit your ability to do exercises. Do what you are able.

Heel slides

Ankle pump

Straight leg raise

Quad sets

- **WEIGHT BEARING AS TOLERATED WITH BRACE AND CRUTCHES.**

**WEAR BRACE AT ALL TIMES WHEN UP MOVING AROUND WITH CRUTCHES AND WHILE SLEEPING**

**OKAY TO REMOVE BRACE WHEN ICING/ELEVATING, WHEN WORKING WITH PT/HOME EXERCISES, AND FOR DRESSING/HYGIENE.**

Start PT post-op day 3-4 unless otherwise indicated.

#### **4. FOLLOW-UP APPOINTMENT:**

- Please make sure your post op appointment is made for 6-10 days after your surgery.
- If not, please call (586) 773-1300 to schedule.
- Your post-op appointment is: \_\_\_\_\_ at \_\_\_\_\_ St  
Clair Shores office Macomb office None scheduled, please call the phone number above

#### **5. ANESTHESIA:**

- Some anesthesia drugs you may have received can take up to 24 hours to leave your system completely.
- For this reason, you should not ingest any alcoholic beverages, drive a car, operate machinery, or make any important decisions for 24 hours after your surgery or while taking pain medication.

## **6. EMERGENCIES:**

- If you are experiencing any of the following call our office immediately at (586) 773-1300.

Fever greater than 101.5 F

Unrelenting pain

Excessive redness or swelling of incisions

Yellow (pus) drainage at incision sites

Difficulty breathing ! Excessive nausea/vomiting

Calf Pain – if increasing pain/swelling and after office hours, go to the ER

If you have an emergency that requires immediate attention, proceed to the nearest emergency room.