

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:

- May remove bulky dressing after 72 hours but must leave on steri strips or anything directly on the incisions.
- Cover with saran wrap when showering, no bathing.
- Leave dressing and ace wrap intact until follow-up 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
- You will be given instructions for weight bearing upon discharge from the hospital. Use two crutches at all times unless instructed otherwise. • _____ - weight bearing with brace _____.

4. PHYSICAL THERAPY:

- Start PT after post op visit.

5. MEDICATIONS:

- Norco 5/325 mg, 1 pill as needed every 4-6 hours for pain. DO NOT take additional Tylenol with this medication.
- Zofran 4 mg, 1 tablet every 8 hours as needed for nausea/vomiting.
- Cephalexin 1 tablet every 6 hours for 3 days.
- Aspirin 325 mg, 1 by mouth daily x 14 days.

OTC MEDICATIONS:

- Colace 100 mg, 1 capsule every 12 hours as needed for constipation.
- Tylenol Extra Strength 1-2 tablets as needed every 6 hours for pain. * Norco contains Tylenol. If you are already taking Norco, DO NOT take any additional Tylenol. DO NOT EXCEED 4000 MG OF Acetaminophen in 24 hours.
- Ibuprofen 200 mg, 2-4 pills every 8 hours as needed for pain. Do NOT take if taking a blood thinner like Lovenox or Coumadin. DO NOT take if intolerant to NSAIDS.
- Blood Clot Prevention: Aspirin 325 mg, 1 tablet daily for 14 days.

6. FOLLOW-UP APPOINTMENT:

- Please make sure your post op appointment is made for 10-14 days after your surgery. If not please call 586-412-1411 or 586-779-7970 to schedule.
- Your post-op appointment is _____ at _____. If none scheduled please call the number above.

7: 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.

8: EMERGENCIES:

If you are experiencing any of the following call our office immediately @ (586) 412-1411 or (586)-779-7970.

- Fever greater than 101.5F
- 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