

ACL Reconstruction Post-Operative Instructions

1. Keep your leg elevated for 48 hours after your surgery on two pillows. You may walk to the bathroom and put partial weight on your leg as tolerated with the brace and crutches. You will be wearing the brace and using crutches for 4-6 weeks after your surgery.
2. Remove the dressing on the third day after surgery. Cover incisions with Band-Aids or a gauze pad and re-wrap your leg with the ACE bandage, starting at the calf muscle up to the top of your knee. If you have Steri-strips on your incisions, leave them on until they fall off on their own or remove in 10-14 days.
3. You may remove your dressing and shower on the third day after surgery. Pat knee dry and continue with gauze/Band-Aids/wrapping to help with swelling. No soaking or swimming.
4. The leg brace must be worn while up walking and at all times except for showering until your next visit.
5. After removing dressing, apply ice to your knee for 20 minutes at a time every 2-3 hours. Use a cloth or towel between skin and ice pack; never apply ice directly to skin.
6. Begin ankle pumps, quad muscle tightening, and straight leg raises as tolerated.
7. You will not be able to safely drive at this time.
8. You will be given a prescription for pain medication and an antibiotic after surgery. (Unless allergic to penicillin)
9. You should be seen in the office 5-7days after your surgery. If you do not have a post-op appointment or have any questions/problems, please call the office during regular office hours.
10. Physical therapy will begin after your first post-operative visit.
11. You may take Colace Twice/day while on pain medication to avoid constipation.