

Dedication. Compassion. Experience.

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# Post-operative Instructions for ACL Reconstruction Dr. Daniel Osuch

## **General Goals**

- Full extension by 2 weeks
- Flexion 0-90 degrees by 3 weeks
- Flexion 0-120 degrees by 3 months
- 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 (when off pain medication): Left leg @ 2 weeks, Right leg @ 4-6 weeks

## <u>Day 1</u>

- 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
- See exercise sheet for further instructions

## Week 1

- Start passive range of motion (PROM) and gentle range of motion with CPM machine:
  - start at -5 to 30 degrees and advance 10 degrees per day for a goal of 0-90 degrees by 7-10 days
- Unlock brace to work on extension: Place heel on a pillow and allow the knee to hang free. Try to get the knee all the way out straight
- Continue quad sets
- Begin Straight Leg Raises (SLRs) with the brace locked out straight, 20 repetitions, 3 times daily

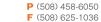






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# **Post-operative Instructions for ACL Reconstruction (continued)** Dr. Daniel Osuch

## **Dressing/Wound Care**

- Do NOT get the bandage wet.
- After 2 days you may remove the bandages and dressings (**not the white steri-strips**)
- 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).
- On the 3<sup>rd</sup> day you may shower and let the water run over the wound. You do not have to cover the wounds. Do not scrub the wound, just blot it dry.
  - o 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
- Low-grade temperatures up to 101 are common after surgery, please call if temperature rises above 101.4.

#### **Medications** Take as prescribed

- Avoid taking any anti-inflammatories including Ibuprofen (Motrin and Advil) or Aleve (Naproxen) until cleared by your surgeon.
- You may take Tylenol as needed for pain- use as directed, do not take greater than 4 grams of Tylenol per day.
- 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 a prescription for an anti-nausea medication. Take as directed for any nausea associated with the pain medication.
- Any severe itching, hives or difficulty breathing, please call immediately.
- Please begin taking Enteric Coated Aspirin 325mg daily for the first 14 days after surgery.







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## Post-operative Instructions for ACL Reconstruction (continued) Dr. Daniel Osuch

## **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.
- Again, you may put as much weight as tolerated on your knee.

## **Physical Therapy**

On your first visit after surgery you will 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 after day of surgery unless instructed otherwise.
- If you have any problems, do not wait for an appointment, please call the office.



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