

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 2nd or 3rd 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.

Post-operative Instructions for ACL Reconstruction

Dr. Agam Shah

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.