

POSTOPERATIVE INSTRUCTIONS - ACL RECONSTRUCTION DR. RAMI ELSHAAR

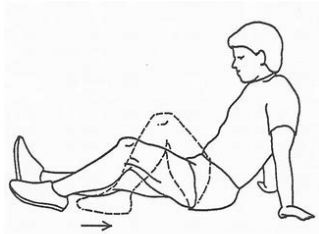
MOVEMENT

Use post-operative brace (locked) at all times except when doing range of motion exercises, cold therapy, and towel roll exercises. Full weight bearing as tolerated **using brace** and crutches (unless otherwise instructed following surgery). Standing and walking should be restricted to **5-10 minutes/hour**.

EXERCISES

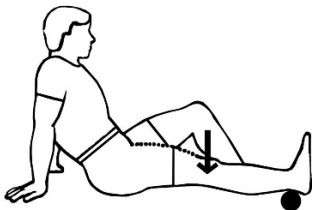
Begin range of motion exercises, cold therapy, and towel roll exercises on the day of surgery.

Range of Motion Exercises (Heel Slides):



Remove brace for motion exercises. Gently work on bending knee and straightening knee. Goal is for 90 degrees of flexion by first post-operative visit.

Towel Roll (bridging) exercises:



Perform towel roll exercises 4 times per day for 20 minutes. You may remove brace for towel roll exercises. Place rolled towel or pillows under heel of operative leg. Make sure nothing is underneath knee directly. Allow gravity to gently straighten knee. Do not force knee into full extension.

COLD THERAPY

Cold treatment helps reduce pain, swelling and bleeding into injured tissues. The best way to apply cold treatments is with a plastic bag full of crushed ice, or a frozen gel pack. Place the cold pack over the operative area for 25 minutes. Repeat the treatment every 2 hours. Place ice directly over your operative dressing. Use a dry towel or washcloth between the cold pack and your skin in any areas of direct contact with your skin. This avoids injury to the skin.

MEDICATIONS

If you were given a nerve block for anesthesia, it will wear off over 18-24 hours. During this time, you will have little to no feeling in the body part where you had surgery (i.e. knee). To control your pain during this transition while the nerve block is wearing off, you are to eat first and then begin taking the **pain medication** (e.g. Norco, Percocet, etc) immediately when you get home from surgery. This will prevent you from having severe pain. Take the pain medication every 4-6 hours as needed. You may take Ibuprofen 800mg every 8 hours as needed for pain between narcotic medication doses (Percocet, Norco). Do not take Tylenol while taking Percocet or Norco as both medications contain Acetaminophen.

You were provided an **antibiotic** to help prevent infection. Take until prescription is completed. Start antibiotic on day of surgery.

To help prevent the risk of a blood clot, please take a **325mg Aspirin** daily for 4 weeks.

As your pain improves, you may transition to oral anti-inflammatories (e.g. Ibuprofen, Naproxen) or Acetaminophen (e.g. Tylenol) if tolerated for pain control. **Do not** add Tylenol if still taking narcotic pain medications, as many narcotic pain medications (e.g. Norco, Percocet) have Tylenol already included.

CONSTIPATION

Strong pain medications and inactivity after surgery are risk factors for constipation. To help prevent these symptoms, eat foods rich in fiber and drink enough clear fluids to keep urine clear or pale yellow. If you develop symptoms of constipation, you may benefit from a gently over the counter stool softener (e.g. Colace) and/or laxative (e.g. Senna). Please discuss with your pharmacist regarding specific recommendations and interactions with your other medications.

DRESSING/BANDAGES

Keep your dressing clean and dry. Do not remove dressing until your follow-up appointment.

EMERGENCIES

It is normal to have a low grade fever during the first 2-3 days post-operatively. Please call our office if your temperature is above 101°F, if there is increased redness around the incision sites, if there is increased drainage from the incision sites, or uncontrolled pain. Please call 911 if you experience chest pain or shortness of breath.

APPOINTMENT

Your post-operative appointment has been scheduled prior to your surgery. Your appointment will be around 10-14 days after your surgery. Please contact the office if have questions about when your appointment will be.