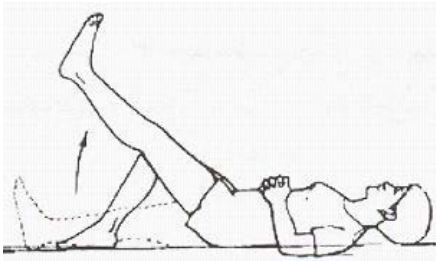


Post-Operative Instructions: ACL Reconstruction

First Post-Operative Week:

- Hinged knee brace locked in extension should be worn at all times
- Crutches or cane as ambulatory assistive devices
- Take the prescribed pain medication every 4-6 hours as needed
- Resume a normal diet
- Apply ice to the knee for 20 minutes every 4-6 hours
- Keep the operative leg elevated (pillow underneath the ankle – nothing behind the knee)
- Perform home exercises (straight leg raises, ankle pumps and extension exercises) as instructed 2-3 times per day



You may shower on post-operative day #3. Remove the ACE bandage and all of the gauze pads. Be careful not to slip and fall – try and keep the knee straight. Do not scrub over the surgical incisions – use soap on your thigh and let the soapy water run over your knee. Pat the knee dry with a towel and apply band-aids over the surgical incision. Re-apply the ACE bandage (snug not tight) – no need to reapply the gauze pads.

You will have your stitches removed in the office 7-10 days after surgery at which point you will have the knee brace unlocked and start formal physical therapy. Please call the office at 212-598-6290 to arrange this follow up appointment.

Please Call The Office (212-598-6290) If:

- You develop a fever > 101.0° F
- If the incisions become very red or develop a discharge
- If you have any difficulty breathing or chest pain
- If you develop significant calf pain or swelling