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POSTOPERATIVE INSTRUCTIONS - ACL RECONSTRUCTION

MOVEMENT

Use post-operative brace (locked) at all times except when doing CPM, 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/ICE

Begin CPM, Cold Therapy, and Towel Roll exercises on the day of surgery.

Continuous Passive Motion (CPM):

- Use for at least 4 hours per day. Remove brace for CPM. Begin at 0-40 degrees and increase at least 5-10 degrees per day as tolerated. Goal- 90 degrees by first follow-up visit (~one week after surgery).

Cold Therapy Machine or Ice:

- Use at least 4 times per day for 20-30 minutes. Remove brace but not dressing.

Towel Roll (bridging) exercises:

- Perform towel roll exercises 4 times per day for 20 minutes. You may remove brace for towel roll exercises.

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 were provided an **antibiotic** to help prevent infection. Take until prescription is completed.

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

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 7-10 days after your surgery. Please contact the office if have questions about when your appointment will be.