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Post-op Instructions: ACL Reconstruction

What was done:

ACL reconstruction with autograft hamstring autograft patellar tendon allograft
 Medial meniscectomy Lateral meniscectomy Chondroplasty
 Loose body removal Lateral release Meniscal repair
 Lysis of adhesions Other: _____

Diet:

Begin with liquids and light foods; progress to regular diet as tolerated.

Activity:

- Rest with extremity elevated above heart level as much as possible for next 48-72 hours.
- If no meniscal repair:** You may weight bear as tolerated with crutches.
- If meniscal repair:** Do not weight bear on your leg
- You may stop using your crutches only after your physician has performed an assessment and told you crutches are no longer needed.
- You may resume work / school in 3-5 days if pain allows.

Wound care:

- Please wash your hands before and after changing your dressing.
- Remove the dressings in 48 hours and apply Band-Aids to the wounds.
- Do not remove any steri-strips (small white paper tapes) if any are present. They will fall off on their own.
- You may shower in 48 hours after dressings are removed. If you shower before that, incisions and dressings must be covered with plastic and kept dry.
- No soaking / submerging wounds in bathtub, pool or hot tub until follow-up.
- After knee arthroscopy, there is usually a variable amount of pain and swelling, depending on how much surgery was done. The swelling may extend beyond the knee. It is helpful to keep the leg elevated and apply ice regularly.
- Please use the ace wrap on your knee for 1-2 weeks to keep swelling down. You may remove it to ice your knee or to shower.
- If you had a lateral release or meniscal repair, you may notice a significant amount of swelling in the knee and possible bruising. This occurs commonly and may take several weeks to diminish. Ice the knee regularly and elevate the leg as much as possible. You should also use the ACE wrap or compressive dressing as instructed.

Icing:

- Apply ice packs to the knee at least 3-4 times per day for 20 minutes each time until swelling is resolved. (If you have received a cryotherapy (cooling) device, use this instead of ice packs. Do not exceed more than 30 straight minutes of use at a time, and remove for 20-30 minutes between uses.)

Brace:

- Please lock brace at 0° extension to walk.
- While sleeping, your leg should be fully extended and locked in the brace.
- If no meniscal repair:** You may unlock the brace to allow 0-90 degrees of knee motion during the day as desired (when not sleeping or weightbearing).
- If meniscal repair:** You may unlock the brace for exercises and PT only

Physical therapy:

- Please see separate physical therapy prescription. Call and make appointment with therapist to start therapy in approximately 5-7 days. Bring prescription to first appointment.

Medication:

- Pain medication: You have been prescribed a narcotic. Take as directed if needed for pain. Do not exceed recommended dose.
- Antibiotic: You have been prescribed Keflex or Clindamycin. Take as directed until finished.
- The day after surgery begin taking one 325mg coated aspirin (e.g. Ecotrin or Bufferin) daily for 4 weeks to prevent blood clots. (Do not take if allergic to anti-inflammatory medicine or if you have stomach ulcers).

Follow-up appointment:

- Call for appointment with Dr. Battaglia. You should be seen in approximately 10-14 days.

Additional instructions:

- Call your doctor if wound appears red or develops drainage, if extremity is cold to touch with discoloration, numbness, tingling or excessive swelling, any excessive bleeding, fever above 101°, persistent nausea, vomiting or dizziness.
- If you received general anesthesia or intravenous sedation, you should not drive a motor vehicle, operate hazardous equipment, make any major decisions, or drink alcoholic beverages for 24 hours.
- Do not drive or operate heavy machinery or drink alcoholic beverages while taking pain medication.
- Refills on pain medication will only be provided during normal office hours Monday through Friday. No refills will be given or called in after hours or on weekends.**
- For any non-emergent problems or questions during normal hours, or during the night / on weekends, you may call Dr. Battaglia's office and speak to the nurse / doctor on call. In case of true emergency, call 911 for transport to your local emergency room.

Special instructions: _____

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