



ORTHOSOUTH

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Dr. Cincere Post-Operative Instructions for ACL Reconstruction

1. Rest, Ice, Elevation

- Generally rest for the next day after surgery
- Ice your knee for at least 15-20 minutes every 2 hours while awake, this will help control pain and swelling
- Elevate your Knee under the heel, keep knee at straight as possible, NO pillows under knee

2. Crutches

- Crutches are used for _____ Weight bearing; this will differ based on your procedure. Discontinue crutches as pain subsides and a normal gait is achieved, typically 10-14 days. A brace may be used locked in extension and a CPM machine may be used at home. This will be decided before surgery (Start the day after surgery between 0 and 30 degrees for a total of 8 hours. Increase range 10 degrees per day to a max of 110 degrees)

3. Exercise

- Begin exercises the night of surgery, repeat 10 times every hour
- Quad Sets – push back of knee into bed and hold for count of 10
- Straight Leg raises (SLR) – lift leg in brace off bed in extension for count of 10
- Ankle Pumps – push ankle up and down multiple times to encourage blood flow
- Hamstring Sets – push heel into bed for a count of 10

4. Medication

- Take one enteric coated Aspirin 325 by mouth twice a day starting the day after surgery
- Take the following prescribed medication as directed:

To minimize stomach upset, take with food. An over the counter reflux medication, like Prilosec, may be taken with anti-inflammatories. Remember narcotics may cause constipation, a laxative may be needed and drink plenty of water.

5. Dressing/Showering

- Slight bleeding or clear fluid drainage is very common. You may remove the bulky dressing on the 3rd day after your surgery, keep dry until then. After that the incisions may be rinsed in the shower but do NOT soak in a tub, do NOT scrub, pat dry.
- Place dry dressing on the incisions but do NOT place any topical ointments, peroxide or alcohol.

6. Questions/Concerns Call 423-624-6584

- Fever greater than 101.5 degrees F
- Numbness, loss of good color or coolness in the leg
- Severe pain unresponsive to narcotic medication
- Excessive bleeding or vomiting
- Difficulty breathing or shortness of breath, Call 911 or go to the ER

7. Follow Up

Your post-operative appointment is scheduled on _____