

ACL POSTOPERATIVE INSTRUCTIONS

Diet • Resume regular diet as tolerated.

Medication

- Take pain medication as prescribed.
- Percocet Tylenol #3 Vicodin Naproxen
- Gabapentin Celebrex Hydrocodone Other _____
- You may take Advil, Aleve or Motrin in addition to the pain medication. Do not take additional Tylenol as it is already in the pain medication.
- Colace (over the counter) take with pain medication twice a day to prevent constipation.
- Take 1 adult aspirin daily starting the day after surgery; continue for 3 weeks unless you have a medical reason not to (such as gastritis, GERD etc.).
- You may receive a prescription for a Zofran dissolving tablet. It is for nausea. Fill the prescription **ONLY IF** you have severe nausea.

Activity

- Use cooling machine throughout the day, even though the bandages are thick, and you may not feel the cold. You can remove the Cooling pad when walking
- **DO NOT** use heat.
- Pump your foot up and down 20 times per hour, every hour you are awake.
- Place a rolled towel under your ankle of your operative leg 3 times per day for 20-30 minutes for the first week to encourage full knee extension.

Tighten the muscle in the front of the thigh for 10 seconds. Do 10 times per hour, every hour.
- **DO NOT** place a pillow underneath the knee for comfort. To elevate your leg, it must be straight with pillows under your ankle.
- **DO NOT** use exercise equipment unless otherwise instructed.

Walking

- Bear weight as tolerated on the operative leg in your brace. Increase the ROM in the brace from 0 degrees of extension to 90 degrees of flexion as tolerated when not walking. Keep the brace locked when walking. Use crutches to assist with weight bearing.

- DO NOT bear weight, you may lightly rest your foot but DO NOT walk with full weight on the operative leg. You may/may not bend the knee in the brace when not walking.

Showering

- You may shower 3 days after surgery unless told otherwise. **DO NOT** immerse the knee under water and **DO NOT** rub the incision. Reapply new gauze pads, your ace wrap, and your brace after showering.
- You may **NOT** shower until after your doctor visit.

CPM MACHINE

- You will receive a CPM
- You will not receive a CPM
- CPM is NOT used in all cases. Its use is determined at the time of surgery. The day after surgery, a representative of the CPM company will contact you about delivery of your CPM machine. It is to be used 4-6 hours per day. It is initially to be set at _____ degrees and increased 5-10 degrees per day as tolerated. You will be instructed on the use of the machine when it is delivered.

DRESSING CARE

Standard Dressing

- Keep the dressing dry.
- You can expect some light wound seepage through the bandage. **DO NOT BE ALARMED.** Fluid seepage is normal. If the dressing does get soaked:
- Remove and replace with dry gauze and an ace wrap. **NEVER** remove paper tapes (steri-strips) or your sutures. Re-Apply your brace.
- Call your doctor's office.
- If the ace wrap is uncomfortable, you may remove it and rewrap it. Re-apply your brace.

Dressing removal:

- Removal brace and all dressings on _____. **NEVER** remove paper strips (steri-strips) or your sutures. Apply fresh gauze and ace wrap. Wrap lightly over the wound. Re-apply the brace.
- **DO NOT** remove the dressings until you are seen in our office.
- If you had a **Pain Pump** placed with your block, you can remove it by gently pulling it out and covering with a clean dry gauze on _____.



Robin M. Gehrmann, MD

Arthroscopic Findings

- | | |
|---|---|
| <input type="checkbox"/> Torn meniscus (cartilage) | <input type="checkbox"/> Torn ligament_____ |
| <input type="checkbox"/> Worn joint surface cartilage | <input type="checkbox"/> Joint lining irritation (synovitis) |
| <input type="checkbox"/> Loose Bodies | <input type="checkbox"/> Arthritis: <input type="checkbox"/> Mild <input type="checkbox"/> Moderate <input type="checkbox"/> Severe |
| <input type="checkbox"/> Other | |

Procedure Performed

- | | |
|---|---|
| <input type="checkbox"/> ACL reconstruction | <input type="checkbox"/> Partial meniscus (cartilage) resection |
| <input type="checkbox"/> Synovectomy / Plica resection | <input type="checkbox"/> Joint surfacing smoothing |
| <input type="checkbox"/> Removal of loose body | |
| <input type="checkbox"/> Meniscus repair: limit bending your knee to 90° for 4-6 weeks. | |
| <input type="checkbox"/> Other _____ | |

Follow-Up

- Call the doctor's appointment scheduling secretary today or the next business day to make an appointment for _____ days after your surgery.
- Notify our office if you have:
 - Any fever over 101.5 degrees
 - Excessive bloody wound seepage
 - Severe calf tenderness
 - Numbness in the leg

SPECIFIC INSTRUCTIONS
