

ACL RECONSTRUCTION POST-OP INFORMATION

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THE ORTHOPEDIC PARTNERS
AN RCM CLINIC

PARK CITY • HEBER CITY • SALT LAKE CITY

BRACE: Full range of motion allowed. Brace needs to be on at all times when moving around. Ok to remove at rest and for sleep.

WEIGHTBEARING: You are allowed to begin weaning off of your crutches.

Your brace needs to be on and as you gain strength and confidence, you can wean yourself off of your crutches. You can be crutch-free when you can walk without pain or a limp.

WOUND CARE: You can shower over your surgical incisions. Let soap & water run over your incision and pat them dry when you are done. Do not scrub, soak, or submerge your incision until all the scabs are healed. You have resorbable sutures under the steri-strips. The strips will start to fall off on their own; ok to remove them after 10-14 days post-op.

Some swelling and warmth in the operative knee is normal. Signs of infection would be increasing pain, redness, drainage (small spots of red/yellow tinged drainage ok), or if it starts to dehiscence (split open).

ICE/COMPRESSION: Wear TED hose (white compression stockings) regularly until your 6 week follow up visit. Ice 20-30 minutes at a time with an hour break in between the first week after surgery and then just as needed for pain control, especially after activity like physical therapy.

ACTIVITY/PHYSICAL THERAPY: Schedule an appointment with physical therapy and start asap. Take the written Rx and attached protocol to your first visit.

DO: Calf pumps, straight leg raises, and work on range of motion. Full extension (straight leg) is the most important part of range of motion. Flexion (bend) is of secondary importance. If you have access to a stationary bike, start spinning as soon as you can with low/no resistance.

DON'T: Hyperextend your knee – your brace helps protect against this.

DON'T: Pivot, twist, or jump on your knee for at least 6 months post-op.

MEDICATION: Your Tylenol (acetaminophen) and Celebrex (celecoxib) are first line pain control medications. Only take the prescribed opioid pain medication if you have severe pain in addition to those medications. Wean off these medications as your pain improves.

BLOOD CLOTS: DVT (deep vein thrombosis) is a concern after surgery. Be diligent about wearing your compression stockings and taking your aspirin (or Eliquis) twice daily for 2 weeks after surgery to reduce your risk.

Common DVT signs/symptoms include increasing calf or behind-the-knee pain, especially if associated with sudden increased pain, swelling, or a cramping sensation that doesn't improve. Also, if your pain gets worse when flex your foot, toes towards your nose, these could be signs of a DVT. Please call immediately if you have any of these symptoms.

If you have chest pain, shortness of breath, or start feeling light-headed, go to the ER for evaluation.

Questions? Call us at #435-655-6560 or #435-655-6604

After hours urgent concern or question – call #435-655-6600 to contact the PA on call.