



VALLEY ORTHOPAEDIC SPECIALISTS

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Total Joint Reconstruction

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Orthopaedic Spine Surgeon

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Sports Medicine

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ACL RECONSTRUCTION POST OPERATIVE INSTRUCTIONS

1. Regular diet as tolerated.
2. Rest with leg elevated above the heart, placing pillow under the calf and not behind the knee.
3. Place ice over the dressing for 20-30 minutes every 4 hours for 24 hours.
4. Weight bearing as tolerated, with crutches.
5. Dressings may be removed in 24 hours. Replace with Band-Aids. Change Band-Aid if wet. Keep knee dry and clean. Wash hands before and after each dressing change. Do not apply ointment or cream over surgical incisions.
6. You may take a shower the day after surgery – make sure to keep incision dry.
7. Do not drive until cleared by office to do so.
8. Do not drink alcohol beverages or drive if you are taking prescription pain medications. Take medication with food.
9. Within 3-5 days you should be seen by Physical Therapy.
10. Keep immobilizer in place until seen by Physical Therapy.

Call the office if you experience:

- Fever unrelated to the flu that is greater than 101.5
- Drainage
- Redness unrelated to ice application
- Persistent calf pain
- Numbness
- Discoloration of the foot

Some residual swelling and pain may linger up to 6 to 8 weeks after surgery. Muscle atrophy and lack of motion contribute to pain. Do your exercises faithfully, even on days you do not go to therapy.