



College Park Family Care Center, P.A.

Orthopedic Surgery

ANTERIOR CRUCIATE LIGAMENT RECONSTRUCTION POST-OP INSTRUCTIONS

- To decrease swelling, elevate your leg above heart level whenever you can. Pointing and flexing your foot as well as doing ankle circles will help with swelling also. If your knee swells it may cause the ace bandage to become too tight, causing swelling of the ankle. Unwrap the ace bandage, then rewrap so that it fits snugly.
- You will have a polar care unit incorporated into your dressing. It uses a continuous flow of cold water passing through a pad over your incision to provide comfort and reduce swelling. Use the polar care ice machine continuously for the first 48 hours and then as frequently as needed for comfort. You should also use the polar care after therapy.
- Keep dressing on and dry for 2-3 days. You then may take off the dressing, shower and get the incisions wet.
- DO NOT soak in a tub or pool.
- Use your crutches to get around as needed. You may progress to full weight bearing on the affected leg over the first 2-4 weeks after surgery as tolerated, unless otherwise directed by Dr. Gurley.
- If you have a meniscus repair, you will be allowed to bear weight with knee extended only. The use of the brace will prevent you from bearing weight with your knee flexed. All range of motion exercises will begin as normal but no weight bearing.
- Stay in the immobilizer, except to do range of motion exercises, especially when sleeping or when up and walking around.
- Do ankle circles to increase circulation
- Remember to do the range of motion exercises, listed in this pamphlet, as soon as you leave the recovery room and continue to do them 3x daily until you see Dr. Gurley in the office approximately 7-10 days.
- While doing range of motion exercises, it is important to emphasize full extension of the affected leg as well as flexion. If you can not reach full extension you may place a weight on your knee over the patella to assist with extension.
- Early motion is very important after ACL reconstruction. After surgery you will have a hinged knee brace on which will be locked in straight extension at 0. You may then move the dial on either side of the brace from the locked position to 0 with flexion set at 90. This will allow you to bend your knee and begin to put some pressure on your leg as you walk with your crutches. When you go to bed, put the dial back on the locked position at 0.
- Dr Gurley will give you a prescription for formal physical therapy (PT) to begin prior to your first post-op visit. Please verify coverage with your insurance company.
- Please contact the schedulers at for your post-operative appointment if you have not already done so.
- Take the anti-inflammatory medication as prescribed to you.
- Take the pain medication on an as needed basis only. Upon completing the initial pain medication prescribed, please call Connie at the office. Have your pharmacy phone number available for a new prescription. When further refills are needed, please request through your pharmacy. Please allow 24-48 hours for refills. Pain medications will not be filled after business hours.