

POSTOPERATIVE INSTRUCTIONS ACL RECONSTRUCTION

❖ MOVEMENT

- You will be placed in a knee immobilizer brace after your surgery. You are to wear this at all times except when bathing. The brace will be preset to limit the movement of your knee. Do not force the motion though because this will likely cause pain.
- Use the **CPM (Continuous Passive Motion)** machine as much as possible. You should remove your brace when you use the CPM machine. Do not sleep with the CPM machine on. Increase the flexion on the machine as tolerated. When you are able achieve flexion to 100 degrees, call the company to pick up the machine.

❖ ICE

- An ice machine will be provided to you prior to your surgery. This will help decrease swelling and pain after your surgery. Use the ice machine as much as possible when you get home at intervals of 30 minutes on and off. You should keep the ice machine for approximately two weeks. Do not use the ice machine while you are sleeping.
- In addition to icing your knee and using the CPM machine, elevate your knee so your toes are above your nose. This elevates your knee above your heart and will help reduce swelling.

❖ MEDICATIONS

- If you were given a nerve block for anesthesia, it will wear off over 18-24 hours. During this time you will have little to no feeling in the body part where you had surgery (i.e. leg). Please be careful and use your brace and crutches during this time to avoid any falls after your surgery.
- To control your pain during this transition while the nerve block is wearing off, you are to eat first and then begin taking the **pain medication** (e.g. Vicodin, Percocet, etc) immediately when you get home from surgery. This will prevent you from having severe pain. Take the pain medication every 4 hours until you go to bed and for the next 3-5 days as needed.
- The day after surgery you can take 600 mg of Ibuprofen (Advil/Motrin) every 6 hours to help with inflammation and pain. This medication will help cut down the use of narcotic-based pain medication. However, if you still have pain after taking the Ibuprofen, continue taking the pain medication every 4-6 hours as needed.

❖ DRESSING/BANDAGES

- Keep the ACE wrap clean and dry. You may shower the next day after surgery with a plastic bag over your knee. Do not take a bath or submerge your knee in water until your incisions are checked at your first post-op visit.

❖ DRIVING

- You may drive 2 weeks after surgery if you are not taking pain medication. If your right leg is the operative side, then you must have good control of your leg prior to driving.

❖ APPOINTMENT

- Please call the office prior to, or immediately following, your surgery in order to schedule a postoperative appointment. This should be scheduled 7-10 days after surgery. At that visit your stitches will be removed and you will be given a prescription for physical therapy.

If you have any questions or concerns, please contact our office at (310) 860-3048 or email us at surgery@snibbeorthopedics.com.