

Post-Operative Instructions

Knee Arthroscopy – ACL Reconstruction

Activity

- You should wear your knee brace or immobilizer at all times.
- You are allowed to put your full weight on your leg (i.e. **weight-bearing as tolerated**), use crutches for assistance until directed otherwise.
 - **Never walk without your knee brace and crutches.**
- Avoid strenuous activities including prolonged standing/walking.
- Elevate your operative knee on pillows for the first 72 hours. To reduce swelling, your knee and foot must be elevated above the level of your heart.
- **Keeping the knee straight is your most important goal during the first 72 hours following surgery.**
 - Pillows should be placed under your **ankle** (NOT the knee), allowing your knee to extend fully
- It is recommended that you move your ankle throughout the day to minimize the risk of postoperative circulation complications.

Pain Control

- Apply ice to the knee for 15 minutes as often as every hour. You may continue this for as many days as you like.
- You have been prescribed a pain medication that contains a narcotic. Do not drink alcohol, drive a car or operate heavy machinery while on this medication.
 - Do NOT take Tylenol (acetaminophen) while on this medication as it may cause an overdose.
- You may take anti-inflammatory medications such as Ibuprofen or Naprosyn (with food) in addition to the pain medication.

Wound Care

- **Do not remove your surgical dressing. Keep it clean and dry.** It will be changed during your postoperative evaluation.
- Sponge baths with assistance are recommended.
- You may experience slight bruising and swelling to the operative leg.

Physical Therapy

- Formal physical therapy will start 2-4 days after surgery
- Your physical therapist will assist you regarding your discontinuation of your brace and crutches. Continue to use them at all times until they instruct you otherwise.

Follow-up Appointment

- Your follow-up appointment should be 10-14 days after surgery, please call the office if you do not have an appointment. We will review the findings from your surgery and remove your sutures during this visit.
- Please call the office with any questions or concerns, or if you experience any of the following: fevers (greater than 101°F), chills, increased swelling, pain, redness or increasing drainage at the incision.