

ACL RECONSTRUCTION POSTOPERATIVE INSTRUCTIONS



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1. First meal at home should be clear liquids.
2. Use the cold therapy unit continuously for 72 hours, then use it as needed. Alternatively an ice bag should be applied to your knee for 20 minutes four times daily for 72 hours. **DO NOT USE HEAT** - this may increase swelling and discomfort.
3. Exercises are to be done as directed by your physical therapist. Please see your therapist within 72 hrs.
- 3a. In addition to therapy you will be using a CPM (Continuous passive motion) machine. Please start it immediately. It should be used 3 times a day for 2 hours each time. Start the range of motion at 0-45 degrees and advance the range of motion 10 – 15 degrees per day (approx. 5 degrees per session).
4. A knee immobilizer is provided for healing. Please wear it at night only.
5. Your knee will be immobilized at night for 4 - 6 weeks. Crutches will be used for 10 – 14 days.
6. A prescription for pain medication will be provided for you at discharge. Do not take any aspirin for one week after surgery (use plain Tylenol instead). Please inform us of any drug allergies.
7. Wound Care:
 - (a) Keep dressing clean and dry.
 - (b) Do not remove the dressing until you see me in the office.
 - (c) If the wound should become red, more swollen or show any change, call the office immediately.
 - (d) It is not unusual for there to be some bleeding through the dressing initially.
8. You may shower as long as you keep the dressings in place and dry.
9. Activities:
 - (a) Let pain be your guide to activity-too much pain, too much activity.
 - (b) Some amount of swelling will be present postoperatively.
 - (c) Do not use exercise machines unless specified.
 - (d) Elevate the knee to relieve swelling and decrease swelling.
 - (e) Rotate ankle to help prevent swelling.
10. Make your follow-up appointment date for approximately 7 - 10 days after your surgery. Until your first check in the office, do not swim, take tub baths, or use a whirlpool.
11. If you develop a fever of 101 degrees or above; if your knee becomes extremely swollen, cold, blue or numb; or if the pain is not relieved by prescription medication, please notify me at once.

Thank you for following the above instructions. If you have any questions - please call my office. The receptionist will put you in touch with my assistant or me.