

PCL 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. Initial exercises will concentrate on range of motion.
4. A knee immobilizer is provided for healing. Please wear it at night only. Please wear the hinged knee brace during the day.
5. Your knee will be immobilized at night for 4 weeks. Crutches will also 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) The dressing will be changed at the office; if you are having problems please notify the office and we will change the dressing for you.
 - (d) If the wound should become red, swollen or show any change, call the office immediately.
 - (e) You may remove the stain of the Betadine Scrub with alcohol.
8. Please keep the incisions dry until the staples are removed.
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 me or my assistant.