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ACL RECONSTRUCTION SURGERY- Postoperative Instructions

Hamstring Patella Bone Allograft
 Other:

Follow-up appointment: Our office will call you the next business day after surgery to schedule a postoperative visit (usually 10-14 days postop). At that time you will be given the opportunity to ask questions about your surgery or discuss any difficulties you may have. Arthroscopic photographs may be available for review at your follow-up visit.

About your dressing: Your knee is covered with a sterile dressing following the procedure, and this should be kept clean and dry for 72 hours. You may shower but be sure that the dressing is covered and out of the flow of water. You may change the dressing at any time if it becomes soiled or wet. Remove the dressing after three days and cover the wounds with a large Band-Aid or gauze until there is no further drainage. Do not use a tub or Jacuzzi until your first postoperative visit.

You have stitches that will need to be removed at your follow-up visit.

Your wounds are closed with steri-strips (small pieces of tape that should remain on for 7-10 days).

About pain and swelling: Some discomfort is to be expected following this surgery. Your surgeon uses a local anesthesia in the knee that will provide pain relief for 6-10 hours following surgery. To control the swelling keep the leg elevated (above the level of the heart).

For pain, use the narcotic medication that your doctor ordered. Please do not combine narcotics with alcoholic beverages.

Nonsteroidal anti-inflammatories (like Motrin, Advil, or Aleve) may be used with, or instead of the narcotic medication.

Use ice (in a plastic bag wrapped in a dry towel), 20 minutes out of an hour, repeating as needed

Use Polar Care device- instructions included.

Postoperative activities:

A knee immobilizer was placed in the operating room. Use this when ambulating with crutches, but remove it frequently when sedentary to gain full motion as soon as possible.

Apply full weight/partial weight to the leg as is comfortable, using the crutches and the immobilizer. Avoid strenuous activities.

Start early rehabilitation. Perform the exercises listed on the back of the sheet, starting the day following surgery. You may also use an exercise bike on low resistance setting as long as there is no lasting pain.

Return to driving/work: Please do not drive for 24 hours following surgery.

Left knee – **OK to resume driving when you are no longer taking narcotics.**

Right knee- you must be able to walk comfortably without crutches prior to driving and **when you are no longer taking narcotics.**

Return to work will depend on your work duties- this should be discussed with your surgeon.

Warning signs: If you have fevers or chills, the pain is not manageable, there is bloody drainage or pus, red streaking up your leg, calf pain, shortness of breath, or if you have any other questions, **please call our office at #978-534-6333.**