Phone (978) 534-6333
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LONGVIEW ORTHOPAEDIC CENTER

Joint Replacement, Sports Medicine, Fracture Care & General Orthopaedics

100 Hospital Road, Suite 3C
Leominster, MA 01453

Fax (978) 840-0966

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 (small pieces of tape will be applied to the incision that should remain on for 7-10 days post op).

About pain and swelling:
For mild to moderate pain, we advise using a non-narcotic medication such as Tylenol (acetaminophen) or one of the nonsteroidals (Motrin, Aleve, Advil) as long as you don't have contraindications to these medications.

For moderate to severe pain, narcotics may be used sparingly as prescribed. Please do not combine narcotic medication with alcoholic beverages. **Do not drive while taking narcotics.**
___ 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 knee 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.
___ Non-weight bearing, using the crutches and the knee immobilizer at all times. **Do not put any weight** on the operative leg

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Return to driving: Please do not drive for 24 hours following surgery.
___ Left knee – OK to resume **driving when you are no longer taking narcotics**
___ Right knee- no driving until cleared by your surgeon

Return to work: 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.**