



CONCORD ORTHOPAEDICS

ACL POST OPERATIVE INSTRUCTIONS

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1. Your knee was injected with a local anesthetic for post-operative pain control. **DO NOT WAIT UNTIL THIS WEARS OFF** to begin taking your prescribed medications.
2. Keep your knee elevated with your foot on one or two pillows as much as possible during the first week. **DO NOT PLACE A PILLOW BEHIND YOUR KNEE** for elevation; this will make it difficult for you to ultimately straighten your knee.



3. Ice the knee as much as possible for the first several days. Apply ice for 20 minutes on and 40 minutes off. You may have a Cryo Cuff; a machine that applies continuous cold therapy – if so this should be used continuously for the first 24 – 48 hours, then only as needed for pain relief and swelling. Make certain to apply a cloth layer between your skin and cooling pad or ice (clean dish/hand towels work well) to avoid thermal injury to your skin.
4. You will require crutches and a knee immobilizer. You may partial weight bear with the crutches, putting roughly 20 – 30 % of your body weight on your operative leg. Your immobilizer should be worn at all times when you are out of the house, but may be safely removed for exercises or while at rest.
5. Exercises: **ANKLE PUMPS:** Pump your ankles up and down. Do at least 10 of these each hour.

QUAD SETS: With your leg out in front of you, contract your thigh muscle and try to press the back of your knee against the underlying surface, hold these for a few seconds and release. Do at least 3 sets of 10, every couple of hours.

HEEL SLIDES: With your leg out in front of you, slide your heel backward behind your knee. Hold this bent position for a few seconds then slowly straighten the knee. Do at least 10 of these each hour.

HEEL PROPS: Lie on your back with a rolled towel under your heel. Let the knee relax into extension (straight). Try to hold this position for at least 10 – 15 minutes, 3 times a day.

6. The large bandage can be removed in 48 hours and replaced with the dressings supplied. Do not apply any ointments to suture area. Reapply the Ace wrap from your mid-thigh to mid-calf. After 3 days, you may spend some time each day with your incisions open to the air (without bandages) if this feels more comfortable. Bandages should be worn when out of the house until your return to the office.
7. You may shower in 72 hours. The knee should not be submerged. Pat the knee dry and reapply the Ace wrap.

8. You will not require any formal physical therapy until after your initial follow-up. Ankle pumps, quad sets, extension exercises are all you need to do during this first week after surgery. Focus more on elevation and rest to minimize swelling and decrease the risk of infection.

You have been given the following medications:

1. OxyContin, 10 mg: This is a long acting narcotic pain reliever. You may take 1 – 2 tablets every 12 hours.
2. OxyCodone, 5 mg: This is a shorter acting narcotic pain reliever. You may take 1 -2 tables every 3 – 4 hours as needed for “breakthrough” pain that is not relieved sufficiently by your OxyContin.
3. Toradol, 10 mg: This is a potent anti-inflammatory medication. Take 1 tablet every 8 hours until you finish the medication. It will only last for three days after surgery.

*Narcotic pain relievers such as OxyContin & OxyCodone **will** cause you to become constipated, regardless of your normal bowel habits. You should begin taking Senekot S or some other form of stool softener while taking these medications and be sure to get adequate fluid intake.

Follow-up Appointment:

Date: _____

Time: _____

Please note: It is normal to have some knee discomfort for several days after your surgery. If you have excessive symptoms (i.e., fever after the first day or two, redness or draining from the knee, increasing calf tenderness), please call Jeri Smith during business hours at 603/724-2417 with any questions or concerns. After hours there is always a physician available for questions or advice at 603/224-3368 or 800/660-2672.

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