



Post-Operative Instructions for Anterior Cruciate Ligament Reconstruction

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1. **Wound Care** - You have a sterile dressing on your knee. Keep it clean and dry. You may remove this dressing 48 hours after surgery. You may take a shower, however, be sure to cover the incision with saran wrap so it does not get wet. Do not soak in a tub, go swimming, or apply ointments to your incision.

2. **Physical Therapy** - We would like you to see a Physical Therapist within 48 hours of your arrival home. The Therapist should follow the ACL protocol that is available on our website at www.floridajointcare.com. If you have not already arranged for physical therapy, call the office at for a list of therapists near your home or work.

3. **Brace and Crutches** - Upon discharge, you will be fitted with a brace and crutches. Be sure to use them when ambulating. You DO NOT have to sleep in the brace. You may stop using the crutches and brace when you and your therapist feel you are safe without them (usually 2 weeks).

4. **Cold Therapy** - Keep your operated leg elevated with some pillows under your ankle. Ice the knee as much as possible at 20-minute intervals. Make sure to put a towel as a barrier between the ice and your incision to ensure no moisture gets to the incision. It is important to remember to always ice your knee after exercise.

5. **Follow-up** - You should already have an appointment for possible suture removal.

6. Possible Reactions

a. Fever- a temperature of up to 101 degrees Fahrenheit is expected for the first two weeks following surgery. If this should occur, take Tylenol every four hours as needed. Call the office for fevers in excess of 102 or that do not respond to Tylenol.

b. Drainage- a small amount of clear or blood-tinged drainage is expected for the first 72 hours. If you have excessive drainage following this period, or any thick or foul-smelling drainage from the wound, call the office.

c. Wound- if your wound should open, notify the office immediately.

d. Swelling- you may experience swelling for many weeks and even months after the surgery. This is normal. During the first two weeks post-op, the swelling from the knee may gradually travel down to the calf and ankle. This is to be expected, as an effect of gravity.

If you have any further questions, please call the office.

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