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ORTHOPEDIC SURGERY

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Post-op ACL Instructions

1. You will wake up with a bulky ace-bandage dressing on your knee.
2. Try to keep your knee elevated for the first 24 hours following surgery. Use the polar-care cold therapy unit continuously for the first 24 hours.

You will be sent home with a prescription for pain medication, anti-inflammatory and anti-nausea medication. You can use Tylenol for less severe pain.

3. Walk using crutches until you are comfortable ambulating without their assistance. Please use your post-operative ACL brace when bearing weight or walking.

As you walk on your crutches, try to walk as normally as possible, putting weight on the leg as tolerated and bending the knee, using the crutches to help accomplish this.

It is important that you do not walk with a limp during the first week.

4. Your dressing will be removed by our staff in the office at your first postoperative visit.

At that time you may take a shower, but not a tub bath or swim.

Cover the three small incisions with band-aids. The larger incision on the front of the knee will have steri-strips that you should leave on until your second postoperative visit. If the incisions are dry out of the shower, no treatment is needed. If there is some ooze then use

hydrogen peroxide and a Q-tip to blot and place a new band-aid over the incision.

The ace may be used to rewrap the knee taking care not to apply the ace too tightly.

5. You will be instructed in a home exercise program. Begin the exercises 24 hours after surgery. Your goal will be to work toward the following:

- Quadriceps setting 25 reps X 4 sets a day
- Straight leg lifts 24 reps X 4 sets a day

You may use ice or the polar care unit after your exercises. **Note: Be sure to wrap the ice bag in a towel or have an ace wrap on the skin before applying polar care pad.**

You have an appointment on _____ at the Landry Center-Baylor

If you have any problems or questions get in touch with our office as soon as possible.

214-824-4866