

RALEIGH ORTHOPAEDIC CLINIC

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ANTERIOR CRUCIATE LIGAMENT RECONSTRUCTION

Post-Operative Instructions:

1. Rest the day of surgery. In the recovery room you will have an ace wrap, a polar-care device, and a brace applied to your knee. Your knee brace should be locked in extension when standing or walking. The brace must also be worn while sleeping. Ice packs or a polar care machine should be left on as much as possible for the first 3-4 days. The more you use it, the less swelling and inflammation you will have. The crutches may be used during the first 3-5 days after surgery and you will be instructed by your physical therapist when to discontinue them. You can put as much weight on the leg as you can tolerate.
2. If needed you may take an anti-inflammatory medication to help ease the pain. We suggest taking 400mg of ibuprofen every 4 hours, alternating with your narcotic pain medicine (example: at 8am you take 2 narcotic pain pills, then at 10am you would take 400mg ibuprofen and then at 12pm 2 more narcotic pain pills, etc) If you have any side affects from your medication, discontinue its use and call our office.
3. Remove the outer dressing and gauze wrap 72 hours after surgery and cover the sutures loosely with band-aids. Do not use Neosporin or any ointments under band-aids. Keep your sutures clean and dry.
4. Please make sure your Physical Therapy appointment is made for day 1 or day 2 after surgery. Also, please make sure you have a follow-up appointment for approximately 10-15 days following your surgery to see Dr. Isbell or Jeremy in our office.
5. Notify us if you develop a fever (>101.5), excess incision drainage, calf pain, or increased numbness in your leg. (Small amounts of bloody drainage, numbness at incision site, knee swelling and bruising are normal findings following surgery).
6. You may return to seated work or school 7 - 10 days after surgery if your pain is tolerable.
7. If you have any questions please feel free to call the office at (919) 781-5600.