

# ANTERIOR CRUCIATE LIGAMENT (ACL) KNEE RECONSTRUCTION SURGERY

Procedure: \_\_\_\_\_ Date: \_\_\_\_\_

## ANESTHESIA

General       Spinal       Sedation       Local       Block \_\_\_\_\_

- You have received sedation; rest and relax the day of surgery. Please be aware of possible dizziness and exercise caution when you are standing. A responsible adult must be with the patient for 24 hours following surgery for safety and fall prevention.
- Begin with liquids, and advance diet as tolerated; avoid greasy and spicy foods.
- No important decisions or signing of legal documents for 24 hours. Do not operate power machinery.
- Do not drive for 24 hours following surgery or while taking narcotic pain medications.
- No alcoholic beverages for 24 hours, or while taking narcotics.
- If you are unable to urinate, feel uncomfortable, and it has been 8-10 hours since you last urinated, go to an urgent care or the ER.
- If you had a block, be sure to start your oral pain medication before it begins to wear off.

**\*\*Call 911 or go to the nearest ER if you experience chest pain or shortness of breath**

**Report to your Surgeon or visit our Twin Cities Orthopedics Urgent Care in Waconia or Edina (Daily 8am-8pm) for any of the following:**

- Fever over 101°F lasting more than 24 hours
- Foul drainage, redness, or warmth at the operative site
- Large amount of bleeding or drainage
- Severe and uncontrolled pain
- Persistent nausea or vomiting
- Hives, rash or intolerance (Stop medications)
- Redness, warmth or extreme pain in the calf

## WALKING

- Use crutches and knee immobilizer when walking.
- Weight bearing as tolerated.

## POST-OP KNEE BRACE

- Continue wearing the immobilizer for two weeks or as directed by your physical therapist.
- Remove immobilizer for exercises and showering only.

## DRESSING / SHOWERING

- Remove the dressing after 48 hours, and continue to change dressing daily or as needed. Please leave steri strips in place if possible.
- Be alert for signs of possible infection: redness, swelling, heat, red streaks or elevated temperature (over 101°F). **Contact your doctor if any of these occur.**
- You may shower 48 hours after surgery.

## PAIN CONTROL

- Apply ice to the surgical area to reduce swelling and pain for 24-72 hours following the procedure. Do not place ice directly on skin or it may cause a burn. Wrap a towel around an ice pack and apply to the surgical site for no more than 20 minutes at a time.
- Do not drive while taking narcotic pain medications or until directed by your surgeon.
- Avoid constipation. Take Colace 100mg 1-2 times per days while taking narcotics
- **HYDROCODONE/ACETAMINOPHEN (Norco):** 1-2 tablets every four to six hours as needed (#30).
- **IBUPROFEN:** 400-800 mgs three times daily with meals.
- **VISTARIL:** 25-50 mgs every four hours as needed.
- Call the clinic for pain prescription refills. Prescription refills are not ordered over the weekend or after hours.

## PHYSICAL THERAPY

Make an appointment for physical therapy approximately seven days after surgery.

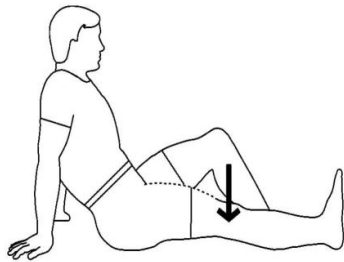
## DOCTOR'S POST-OPERATIVE APPOINTMENT

Please call (952) 442-2163 to make your follow-up appointment for one to two weeks post op.

## EXERCISE

Start exercises in 48 hours.

### QUAD SETS

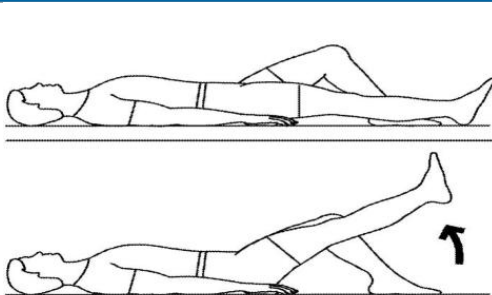


1. Sit with leg extended.
2. Tighten quad muscles on front of leg, trying to push back of knee downward.

#### Recommendations:

- Do not hold your breath.
- Perform 3 sets of 20 repetitions, three times a day.
- Hold exercise for 4 seconds and rest 3 seconds between sets.

### STRAIGHT LEG RAISES

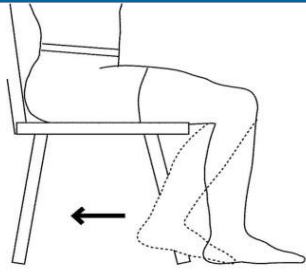


1. Lie on back with uninvolved knee bent as shown.
2. Raise straight leg to thigh level of bent leg.
3. Return to starting position.

#### Recommendations:

- Perform 3 sets of 20 repetitions, three times a day.
- Hold exercise for 4 seconds.
- Rest 3 seconds between sets.

## SINGLE LEG FLEXION

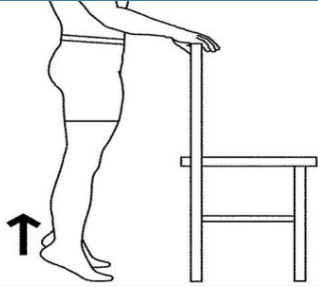


1. Sit in chair, moving heel of involved leg under chair, through full range, as shown.
2. Return to starting position.
3. Perform 3 sets of 20 repetitions, three times a day.

### Recommendations:

- Hold exercise for 4 seconds.
- Rest 3 seconds between sets.

## HEEL RAISES



1. Stand, using chair for balance.
2. Raise up on toes, through full range.
3. Return to start position and repeat.

### Recommendations:

- Perform 3 sets of 20 repetitions, three times a day.
- Hold exercise for 4 seconds.
- Rest 3 seconds between sets.

## OTHER INSTRUCTIONS

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Nurse: \_\_\_\_\_ Responsible Adult: \_\_\_\_\_