

POST-OP INSTRUCTIONS ARTHROSCOPIC ACL RECONSTRUCTION

1. **Bandage and Wound Care:** Your knee will be wrapped with an elastic wrap after surgery. If this is too tight, becomes too loose, or needs to be re-wrapped, you may do so. Arthroscopic surgery is done through several small incisions about the knee. The knee is filled with saline for arthroscopy and it is common for some of this to continue to seep out of the incisions for a day or two after surgery, making the dressing wet. The fluid may be blood-tinged; this is not a cause for alarm. If your bandage is comfortable, it does not need to be changed just for the sake of changing it, and is best left alone!
2. You will be supplied with a cryo-cuff at the surgical center. This is used to keep post-op swelling and inflammation down by applying cold treatment. Please use this treatment for the first 48 hours following your surgery. After that, icing down the knee while you increase your activities will help with the swelling.
3. **Weight Bearing:** You may partial weight bear following ACL reconstruction. It is ok to put about 50% of your weight thru your operated leg with the use of crutches. The physical therapist will instruct you as to when you may start weight bearing as tolerated. Usually, about two weeks following surgery with a hinged brace in place.
4. You will be provided with a post-op brace from Dr. Padavano. He wants you to wear the brace at all times until you see him post-op. You should have a scheduled appointment with Dr. Padavano 10 days after surgery. If you do not have this appointment please call the office.
5. You will be prescribed a narcotic following your surgery. It is best to take this medication with food. It is expected to reduce but not completely take away discomfort; it is not a substitute for proper rest and elevation. Often adding a regimen of Ibuprofen will help with inflammation after surgery, allowing the pain medication to be more effective. Please be sure to discuss with the doctor if you have concerns about Ibuprofen. While taking pain meds you should not drink alcohol, drive, or other activities which could be risky if your judgment/reaction time is impaired.
6. **Physical Therapy:** A must following ACL reconstruction!!! We do not want your leg to get to weak following surgery. Dr. Padavano requests therapy to start the second day after your surgery. This should already be scheduled for you, if not, contact the office to schedule!!!! The day after surgery you may begin straight leg raising exercises. While lying on your back lift leg up with the knee held straight, holding the leg up for a few seconds, and then letting it back down.
7. You may shower 3 days after surgery, if you feel up to it, and feel you will be safe. You should have someone around when you first shower. **DO NOT SUBMERGE THE KNEE IN DIRTY WATER FOR THREE WEEKS POST-OP, INCLUDING HOT TUBS, WHIRLPOOLS, POOLS, AND LAKES!!**

AGAIN, PHYSICAL THERAPY IS VERY IMPORTANT AND APPTS SHOULD BE SCHEDULED IN ADVANCE.

AT ANY TIME, IF YOU HAVE ANY QUESTIONS/CONCERNS, PLEASE CALL THE OFFICE
773-7428