



ORANGE COUNTY ORTHOPAEDIC GROUP

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Orthopaedic Surgery · Sports Medicine · Arthroscopy

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POST-OPERATIVE INSTRUCTIONS AFTER ACL RECONSTRUCTION

1. Okay to remove bandages 7 days after surgery
2. Okay to shower after 7 days; do not rub incisions
3. Apply band-aids to incisions after
4. Use cold therapy device or ice packs over knee 30 minutes at time, 5 times a day
5. Okay to walk on operated leg, but brace must be locked straight during walking at all times! Use crutches while walking for support. Okay to bear full weight on leg as long as brace is locked straight.
6. On day after surgery, begin doing the following home exercises: 20 at a time, 3 x per day
 - a. Straight Leg Raise: Straighten knee and raise leg up and down while laying down
 - b. Quadriceps Set: Squeeze quads while laying down
 - c. Calf Pump: Flex and extend ankle up and down
 - d. Heel Slide: Slide heel toward buttock (bend knee) and then re-straighten
 - e. NOTE: Do all exercises with brace on except remove brace for heel slides.
7. Use CPM machine for operated knee starting on day after surgery. Use for 2 hrs at a time, two times per day. Start at 0-60 degrees and increase by 10 degrees every day. Stop at 0-130 degrees.
8. Formal physical therapy will begin after your first follow-up visit
9. Make an appointment for follow-up visit 10-14 days from surgery
10. Call doctor if you develop a fever, drainage from the incisions, increasing redness and warmth from the knee, swelling and pain in the lower leg, or have any other questions or concerns.
11. See you soon!