



Post-Operative Instructions – ACL reconstruction

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Wound Care

- Please leave the dressing and hinged knee brace (which is locked in extension) in place until your 1st follow-up appointment.
- You may shower on POD #3. Please put a plastic bag or so ran wrap around the knee brace to protect it from getting wet. If it does get wet, put a hair dryer on cool and dry the what areas.
- The incision underneath the dressing is sterile and the dressing does not need to be changed until the come back to the office for your 1st postoperative appointment.

Weight Bearing & Swelling

- Weight bearing as tolerated on the operative leg with the knee brace on and locked in extension. Crutches are for comfort.
- Elevate and ice aggressively for first 48–72 hours. Even if you feel good after surgery, tried to take it easy for the 1st 2-3 days especially. Elevation is difficult with the knee brace on and if this is not possible, focus on the ice EHL 8 I have ago when shows nice day depth icing of the knee especially for the 1st 48-72 hours.

Pain Control

- 1000 mg Acetaminophen (Tylenol) and 600–800 mg Ibuprofen (Motrin/Advil) together 3 times a day with food. Unless however, you have a contraindication to take acetaminophen &/or ibuprofen.

- If needed: 5 mg Oxycodone every 4–6 hours (limit use).

Note: Blood clots (in the leg) are very rare after a knee arthroscopy- but to decrease the risk of blood clots after surgery, I would recommend taking aspirin 81 mg (by mouth) twice daily. with food for 6 weeks after surgery. Unless however, you have a contraindication to take aspirin.

Exercises

Straight Leg Raises - Start postoperative day (POD) #1 - the day after surgery.

Goal: 20-30 repetitions at one time. This is difficult after an ACL reconstruction because of the heaviness of the brace and also the pain from your recent surgery. However, if you get to the point where 30 straight leg raises are easy - then hold the leg up for 30 seconds. After 30 seconds, move the leg up and down in for 60 seconds. This will help to prevent quad atrophy after the surgery.



Recovery from an ACL reconstruction requires patience and consistency. *If you have any questions after surgery, please call Dr. Snead's office: (617) 769-6720*