

Comprehensive Care Orthopedics – Kirk R. Davis, D.O.

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Post OP Care – ACL Reconstruction

- Elevate leg, above heart level for 48 hours for at least 20 minutes every hour.
- Apply an ice bag to the knee 4 times a day for 20 minutes each time. Cover the ice bag with a cloth to keep bandages dry and prevent frostbite. Or, you may use the ice machine if given.
- Walk using crutches; put weight on the operative knee as tolerated, with brace locked in straight position unless otherwise instructed.
- There may be a softball sized bloody spot on your dressing due to fluid used during the surgery. 48 hours after the surgery, remove the brace and bandages. Remove the clear plastic square from around the pain pump site. Remove the pain pump tube by simply pulling on the tubing. Contact the office with any difficulties doing this. The pain pump site may drain for an additional 8 hours. Clean the incision area with peroxide, cover incision with gauze pads. Ace wrap the knee for comfort and replace brace.
- Fill pain medication prescription immediately; take this with food to help prevent nausea. Drink plenty of clear liquids.
- Call the office at (419) 473-9500 the day of the surgery or the day after to confirm your post op appointment. Your appointment should be 5-10 days after the day of surgery.
- Begin exercises the day of surgery. Consult the exercise sheet. Unlock or remove brace 3 times/day and gently bend knee 25 times. Start physical therapy as instructed.
- Three days after surgery in no drainage you may shower. **DO NOT** soak in a bathtub, hot tub or swimming pool. You may want to try using a plastic lawn chair or shower chair.

NOTIFY THE OFFICE IF YOU HAVE ANY OF THE FOLLOWING:

Increased redness or swelling over the incision area

Severe calf pain

Incision area is warm or hot to the touch

Incision area is foul smelling or has drainage with color

Relentless pain, nausea, vomiting, bleeding or drainage.

**For additional questions, please call the office at
(419) 473-9500 and speak with Melissa, Kathy or Nancy.**