



coloradosportsdoctor.com

Christopher K. Jones, M.D.
Colorado Springs Orthopaedic Group
www.coloradosportsdoctor.com
(719)632-7669

Post-Operative Patient Information **Anterior Cruciate Ligament Reconstruction (ACL)**

THE OPERATION: Your anterior cruciate ligament was torn and required reconstruction.

PAIN: You will be given prescriptions for *pain medication and nausea medication*. I would also like you to take *an enteric-coated aspirin (one 325 mg tablet per day)*. If you are 18 years of age or younger, do not take the aspirin because of risk associated with aspirin in your age group. Begin taking the pain medication as soon as the sensation begins to return to the leg. The nausea medication will help with any nausea experienced as a result of the general anesthesia. Go ahead and plan on taking this medication the night of surgery as prescribed. The morning after surgery wait and see how you feel and use only as needed. I would like you to take the aspirin once per day in order to help diminish your risk of developing a blood clot. If you have a family history of clotting disorders, please make me aware as I may prescribe a more aggressive anti-coagulant.

ACTIVITY: I encourage you to be up and moving around with *the hinged knee brace or knee immobilizer* on your leg as soon as you are comfortable. Your weight-bearing status will be discussed in greater detail at your post-operative visit. If you are instructed to weight-bear as tolerated, you should use crutches until you are 100% stable and can perform an unassisted straight leg raise. You should perform ankle pumps several times per hour while you are awake. When propping the leg up, position the support under the leg and leave the back of the unsupported. This will encourage the knee to full extension.

HINGED KNEE BRACE (OR KNEE IMMOBILIZER): The brace should be worn at all times when you are up and walking until you are cleared by me or your physical therapist to walk without it.

ICE PACK: You should ice your knee for 20-30 minutes, four times a day for 3 days after surgery. Then use the ice pack for 30 minutes after each physical therapy session and as much as you like. This will help reduce swelling and pain.

BANDAGES/WOUND CARE: The bulky dressing may be removed on post-operative day #3. If the wounds are completely dry, you may leave them uncovered. If there is any drainage, simply cover them with gauze or a band-aid.

BATHING: It is safe to take a shower after you change the dressing on post-operative day #3, **as long as your incisions are clean and dry. NO BATHS OR SOAKING THE WOUNDS for 4 weeks.** You may wash the incisions with regular soap and water.

PRECAUTIONS: If you begin to run a temperature, have increased redness or swelling around the wound(s)/extremity or persistent drainage from the wound(s), please call my office immediately.

FOLLOW UP: You will be given a follow-up appointment 2-3 days after surgery. During that visit, I will go over your surgery findings and specific post-operative restrictions.

Warm Regards,

Dr. Jones