

Knee Surgery Postoperative Care Instructions:
ACL Reconstruction

WEIGHT BEARING:

- It is required to use your crutches for 2 weeks at 50% weight-bearing.
- Please elevate your leg above heart level to reduce swelling.
 - You may also ice your knee to reduce swelling and inflammation.
- It is required to wear your brace for 6 weeks.
 - Please sleep in your brace.
 - You can take the brace off for showering.
 - You can unbuckle the brace while sitting on the couch.
 - Please put the brace back on if you decide to get up off the couch and move throughout your home.

SHOWERING:

- Once your nerve block has worn off you may shower.
- Remove your brace and white socks. After showering, please place both back on.
- Please cover your stitches/dressings with Saran wrap or waterproof band aids.

TED HOSE STOCKINGS:

- You must wear the white TED stockings on both legs for 14 days to reduce the risk of a blood clot.
 - You may take them off when you shower.
 - You may take them off to wash them.
 - After showering or washing them please put them back on both legs.

NSAIDS/ANTI-INFLAMMATORIES:

- Please do not take any anti-inflammatories; until after you are 6 weeks out from your procedure.
 - Do not take the following over the counter medications: Advil, Ibuprofen, Motrin, or Aleve
 - If you do not see a medication listed here, please call the office before taking.

PHYSICAL THERAPY:

- You will start physical therapy the next day after your procedure.

- Your rehab program is for 1 or 2 days a week (based on PT benefits through your insurance policy) for a duration of at least 6 weeks.

Elevate & ice your leg as much as possible to reduce swelling.