

# MINNEAPOLIS ORTHOPAEDICS

Advanced skills and experience for the results you deserve

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## HOME CARE AFTER ANTERIOR CRUCIATE LIGAMENT RECONSTRUCTION

### ***Wound Care:***

- 1) After 3 days remove the dressing.
- 2) Keep a bandage on the wound and change it every 2 days until there is no longer drainage. Some drainage may persist for up to 2 weeks from surgery.
- 3) Wrap knee with an ace bandage for 2 weeks to control swelling through compression.
- 4) Apply ice to knee and elevate above the level of the heart for 20 minutes 3 times per day for 2 weeks.
- 5) Keep the wound dry until the stitches are removed.
- 6) Call the office if you develop any of the following:
  - Temperature over 101 degrees
  - Large amount of bright red bleeding from incision
  - Significantly increasing redness, pain, numbness, or swelling
  - Thick, yellow, or foul smelling drainage from incision

### ***Brace:***

- 1) The brace is to be worn full-time (day and night) for **4 weeks**. You should remove the brace during exercises and while icing.
- 2) Use crutches for 2 weeks while walking. You may progressively put your full weight on your operated leg, as tolerated.
- 3) Attempt to walk normally within 2 weeks.

### ***Exercises:***

- 1) Perform each directed exercise 3 times per day. Do 10-15 repetitions per exercise. Ice and elevate your knee after exercises.
- 2) Physical Therapy is an important part of your rehabilitation. PT will be arranged when you return for your 2 week post-op appointment if it hasn't already been set-up.

### ***Pain:***

- 1) A prescription pain medication will be given to you before you leave the hospital.
- 2) Take 2 aspirin each day for 1 month (unless you are allergic to aspirin or have been directed by another doctor not to take aspirin).
- 3) If you need additional pain medication call the office during office hours.
- 4) Some discomfort in the knee is expected for up to 6 weeks. Swelling in the operated knee and foot is often noticeable for up to 4 months.

### ***General Directions:***

- 1) Please contact the office, during office hours, to set up your 2 week post-op appointment.
- 2) Keep your leg elevated above the level of your heart as much as possible for the first 48 hours after surgery to help decrease swelling.
- 3) **No** pillows under the operated knee during the day or night.
- 4) If you have any questions, concerns, or are unsure of your appointment times call the office during office hours.