



ANDREAS SAUERBREY, M.D.

## **Instruction Following Knee ACL Reconstruction**

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**Margo Boatner, PA-C**

### **Follow-up Appointment:**

- Call **970 879-6663** to schedule your appointment next week in Steamboat, Craig or Rock Springs.
- Our sutures will be removed and if indicated, you will receive a physical therapy prescription.
- Your work restrictions and return to work time frame can be discussed.

### **Diet:**

- Regular diet as tolerated.

### **Medication Regimen:**

- Use pain medicine as directed and as needed. You will usually be given Percocet/Norco for pain. These contain Tylenol as well as narcotic medication.
- Refer to your prescription bottle for directions.
- You may take ibuprofen (Advil/Motrin) in addition to your narcotic medication.
- Do NOT take additional Tylenol.
- Do NOT drive while taking narcotic pain medication.
- Narcotic medication can be constipating so we recommend using Miralax or Milk of Magnesia as directed on the bottle.

### **Ice:**

- Ice regularly applied to the knee can help with pain control and swelling.
- You may apply ice over the dressing for 20-30 minutes at a time.
- Continue using the ice for the first 7-10 days.

### **Activity:**

- You may weight bear as tolerated with hinged brace on and locked at 0 degrees for the first day unless otherwise specified; however, using crutches for a day or two may be more comfortable.
- Post Op day #2 you may have hinged brace at 0-40 degrees until follow appt.

### **Exercise:**

- The following exercises are recommended for the early post-operative period.
  - Ankle pumps – moving the ankle up & down.
  - Straight leg raises

**Wound Care:**

- Remove the dressing on the third day after surgery and shower.
- Place bandaids over the stitches.
- No soaking in a pool or hot tub until stitches have been removed and there are clean scars and no scabs.

**Prophylaxis against blood clots:**

- To prevent the development of a blood clot, you will be given TED hose stockings.
- You should wear these on the surgical leg until your follow-up appointment.
- If you have a history of blood clots or additional risk factors for developing a clot, you may be asked to take blood thinners such as Aspirin, Lovenox or Xarelto.

**You can expect the following:**

- Blood stained dressing
- Bruising around the incision
- Increased pain on the 2<sup>nd</sup> day
- Throbbing pain after keeping the leg dependent

**Call the doctor if any of the following are present.**

- Increased swelling or numbness
- Unrelenting pain
- Fever or chills
- Continuous drainage from the wound
- Continued bleeding from a wound
- Difficulty breathing
- Inability to urinate
- Excessive nausea or vomiting

**If you have any questions or concerns, please do not hesitate to call us at 970-879-6663.**