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Returning you to normal function as quickly and safely as possible

POST OPERATIVE INSTRUCTIONS ACL RECONSTRUCTION

1. Take pain medication as directed, **DO NOT WAIT** until the pain is unbearable. After 24-48 hours, if you find the pain medication is too strong, you may switch to Tylenol® Extra Strength (500 mg) - no more than 8 tablets per day (24 hours), Ibuprofen (Motrin®, Advil®), or Naproxen(Aleve®).
2. Take one aspirin (325 mg) by mouth every day for 4 weeks unless you are allergic to aspirin.
3. It is normal for pain to increase 12-24 hours after surgery when the anesthesia block wears off.
4. Apply ice (in a bag) to the knee. Use ice 3-4 times a day for at least 20 minutes during the first 48 hours following surgery. You may open the brace and apply the ice directly over the ace bandage.
5. Plan on laying in bed elevating leg for 2-3 days. (Do not put pillow behind knee as it may force knee to rest in flexion, which is undesirable for first week). Elevate the leg from the hip down.
6. Do not adjust brace to allow for flexion. Leave brace in full extension at all times. You must remain in the brace day and night (during sleep also) until your first post-operative visit.
7. Weight bearing status:
 - Walk with crutches, weight bearing as tolerated on your leg. Continue brace at all times while weight bearing. Most patients take 7-10 days to get comfortable with full weight bearing.
 - Use crutches. Remain **toe-touch weight bearing only** on the leg at all times.
8. The ace bandage should be snug but comfortable. You may loosen the ace bandage if it feels too tight or if there is swelling below the calf, foot or ankle area.
9. Therapy arrangements are usually made on your first post-operative visit. Start therapy as soon as possible after this visit.
10. Do not shower until your 1st post operative visit. Sponge baths only. After your 1st office visit, you may shower but do not sit in a tub of water, swim, or rub the incisions.
11. Call Dr. Beiro's office on the day following surgery to arrange for a follow-up appointment. Office phone number is **732-283-2663**. You should be seen in the office 7-10 days following your procedure.
12. **Notify Dr. Beiro's office immediately if you experience any persistent pain, swelling, excessive bleeding and/or tenderness in the calf area.**

Nurse Signature _____ Date: _____ Time: _____

Patient/Guardian Signature _____ Date: _____ Time: _____