ACL POST OP INSTRUCTIONS

- **Make sure to schedule an appointment to see Michael Rabago PA-C 10 days after surgery, if you do not have a follow-up yet please call the office at (602) 324-0618 for our medical assistant or call (602) 667-7964 for Melissa our surgery scheduler. Please be sure to bring your surgical pictures with you to your first post op visit. Follow the instructions that you received from Dr. Brown's office, if there is any confusion please contact us via email: info@leahbrownmd.com**

- **Dressing:** Leave the post-op dressing intact for the first **72 hours** after surgery. After this you may take down the dressing and may shower, let water run over the incisions, do not scrub and no soaking, allow them to dry completely and then may cover with Band Aids.

- It will take approximately a few days for the inflammation process from the surgery to come to a peak. It is very important to ice and elevate during this time. Ice for 20-30 minutes every hour, while you are awake, for the first 2-3 days. Then Ice 3-4 times per day for 20-30 minutes base on the amount of swelling that is present. You may choose to use a Cold Therapy unit (ice machine). This is a cooler that has tubing that goes to a pad which circulates cold water. Use this for 20-30 minutes every hour as well.

- **Brace:** 24 hours after surgery unlock the brace unless told otherwise. The range of motion will be set on the brace for you, this will be adjusted by your surgeon. When you are walking keep the brace Locked straight until you gain enough strength in your Quadricep muscle (thigh muscle) to walk and stand without the feeling of being unstable; when not walking leave the brace unlocked. Once you feel strong enough to walk without difficulty, you may leave brace unlocked all the time.

- **Exercises:** Begin the exercises two days after surgery, you may take your brace off during the exercises unless otherwise instructed. Some of the exercises will be difficult or even painful but you will find that letting the knee sit in one position for too long will actually cause discomfort. Your exercises will help you gain control of your leg and avoid complications with motion and blood clots after surgery.

- **Therapy:** Formal physical therapy will start within a few days to one weeks post op.

- **Crutches:** You may start weight bearing as tolerated after surgery using your crutches unless otherwise instructed.

- **Warning Signs:** Notify Dr. Brown immediately if you experience any chills, fever over 101.5 degrees, drainage from the incision, calf pain or chest pain. If your pain medication is not adequately controlling your pain, please let us know.

- **Medications**: You will be provided prescriptions for pain and anti-nausea medication after your surgery. Take both medications as needed according to instructions on the bottle. For the first 24 hours, it is usually advisable to take the pain medication at regular intervals. Particularly in cases where a nerve block was performed by the anesthesiologist, taking pain medication regularly will help keep you comfortable as the block wears off. Unless otherwise instructed – and with the exception of pain medication you may have been taking before surgery – you should resume your other medications after your operation.

- **Narcotics:** Narcotic medication is prescribed in a standard fashion post-operatively. Any deviation of the standard use of narcotics should be addressed through your primary care and/or pain management physician. If you have any non-anaphylactic reactions such as itching, or profound nausea, contact the office so your medication can be exchanged.