

## Instructions after ACL Reconstruction

### Activity

- You may bear weight on your leg as you find comfortable, using crutches as needed
- Use the knee immobilizer when walking until you are able to do a straight leg raise
- Use the cryo-cuff for 2 or more days as you find helpful
- Gently bend and straighten your knee as comfort allows several times a day
- Elevate your leg above the level of your heart several times a day
- Do not drive until after your follow-up
- Discuss return to work or school at your follow-up

### Wound Care

- Keep your dressing dry
- You may remove your dressing 2 days and shower 4 days after surgery. Don't scrub the incision, but you may let water run over it
- Re-wrap the ACE bandage from your foot to above your knee to help control swelling

## Medications

- Use the prescription(s) as given after surgery
- If the prescription is too strong you may take acetaminophen (Tylenol) 325 to 1000 mg every 6 to 8 hours, and/or an anti-inflammatory medicine such as ibuprofen (Advil or Motrin) 400 to 800 mg every 8 hours, or Aleve 220 mg every 12 hours, if allowed by your doctor
- Take one 325 mg coated aspirin twice a day for a week after your surgery, if allowed by your doctor

## Follow-up

- Call MaineOrtho at 774-5113 after surgery to make an appointment for 7 to 10 days after surgery
- Call for an earlier appointment if you experience severe pain, swelling, redness or fever after surgery
- 24 hour coverage is available for emergencies at 774-5113