

Moore Orthopedic Clinic Outpatient Surgery Center
Post-Operative Instructions for ACL Reconstruction

Dr. Frank K Noojin, III

803-296-9320 or 803-296-9200 (afterhours)

Pain/Swelling: A medication has been prescribed for you pain. **Begin taking the pain medication once you arrive at home.** Some swelling may be present after your surgery. Icing is very important. **Use ice 20-30 minutes every 2-3 hours** (if using **ice machine use 1 hour on and ½ hour off**) while awake and elevate the leg “toes above the nose” for the next 3 days. This will help with pain and swelling.

Dressing/Immobilizer: **Remove dressing 48 hours after surgery and shower. Apply band-aids** over the incisions and change daily after you shower. It is not necessary to use ointments or creams on incision sites. Do not remove the white strips because they are holding the incisions together. Do not take tub baths or swim until incisions are healed (approximately 2 weeks after surgery). **Keep knee immobilizer in place except for showering.**

Activity: You may or may not receive a continuous passive motion machine (CPM) post-operatively depending on insurance or your specific injury. **The day after surgery remove your knee brace twice daily and start moving your knee gently in the CPM machine as directed.** (CPM representative, Chad, may be reached at 803-730-8940.) Unless otherwise instructed, weight bear as tolerated to the operative extremity. Use crutches when walking for the next 3 weeks. Please sleep with the brace and walk with the brace on for the first 2 weeks after surgery. Keep the brace locked fully straight.

Notify MD for: It is common to experience an increase in temperature after surgery for a few days. Call our office for persistent temperature greater than 101.5° F, unexpected redness, extreme swelling, or uncontrolled pain. For pain medicines, please try to call early in the day or before the weekend. After these hours, pain medication cannot be changed or refilled.

Patient Representative _____ Date _____

Nurse Signature _____ Date _____

