

Knee Arthroscopy - ACL Reconstruction
Post-Op Instructions
Dr. Rodriguez

- **DO NOT REMOVE DRESSING** We will remove it at your First Post-Op visit.

- **DO NOT GET DRESSING WET** Sponge baths ONLY for the first week.

- **USE CRUTCHES AT ALL TIMES** **4 Weeks** You may **not** put weight on the operative leg for the **first week**.

- **WEAR BRACE AT ALL TIMES** **4 Weeks** You may remove it for your CPM, Extension Work, and for showers (after the first week).

- **CPM** **6-8 hours / day for the 1st week** Start **0-30 degrees** and increase as tolerated to **70 degrees** during the first week immediately after surgery.
 - GOAL = increase 5-10 degrees per day
 - OK to do all at once while you sleep OR break up into 2 or 3 intervals throughout the day.
 - Brace back on with it Locked in Extension when not doing CPM.
 - Bring CPM to 1st Post-Op visit – our DME shop can get it from your car in the circle at the front of the building after your visit.

- **EXTENSION EXERCISES** **3 x's / day for 15 minutes each time for the 1st week** Prop leg up on the coffee table or on a pillow behind your ankle (**NOTHING BEHIND YOUR KNEE**). Relax your leg to allow your leg to go straight.

- **COLD THERAPY MACHINE** Use as much as possible for **3 Weeks**

- **MEDICATIONS POST-OP:**
 - Percocet – narcotic pain med as needed
 - Tramadol – mild narcotic pain med as needed
 - Neurontin – neurologic med – for nerve pain 2 weeks

- Call Anne, Gwen, or Topeka at **408-7845** for any question or problems.

