



Post-Operative Instructions

ACL Reconstruction

WOUND CARE

- Remove surgical dressings 3 days after your surgery. Please leave the steri-strips covering the surgical site intact.
- After removing the dressings, shower as normal letting warm soapy water run over the incisions.
- Do NOT fully submerge your incisions in water (i.e. in a bath tub or pool).
- A small amount of drainage from the surgical sites is common. If this occurs, cover area with a Band-Aid. If drainage continues, call the office 401-218-6005.
- Swelling and bruising in the ankle and foot is common. To decrease swelling, elevate the affected extremity above the level of your heart and ice 20 minutes on/20 minutes off at least 3 to 4 times a day.

ACTIVITY

- You will be given crutches and taught how to use them before you leave the hospital.
- You will be “toe-touch” weight-bearing. You MUST use your crutches until you come for your post-op appointment.
- You may gently bend and extend your knee on your own. No bending past 90 degrees
- You are provided a knee immobilizer because you are given a nerve block which inhibits your knee extension. Once the nerve block wears off, you may use the knee immobilizer as needed.

PHYSICAL THERAPY



- Physical therapy should begin within one week after your surgery. We recommend outpatient therapy for a total of 4 to 6 months, starting 2 to 3 times per week. At the 6 to 8 week mark, you may be able to decrease therapy to 1 or 2 times per week based on your progress.
- During the first 6 weeks, your physical therapist will be working on your range of motion. After 6 weeks, you will start gentle strengthening exercises.
- The rehab for ACL surgery is not a quick process.
- In your appointments following surgery your physician or PA will discuss your return to activities.
- You may begin to jog at around 4 months post op. Return to athletic play is not advised until 6 months after surgery.

PAIN MANAGEMENT

- TAKE YOUR PAIN MEDICATION AS PRESCRIBED ON THE BOTTLE.
- If you have used a particular pain medicine (Percocet or Vicodin) that has worked well for you in the past, please inform your physician or PA prior to the procedure.
- For instructions on refilling a prescription, please read our **Prescription Refill Policy**.
- Use Ibuprofen (ex. Advil) 200-800mg up to four times per day to help with pain and swelling in addition to narcotic pain medicine. **(Do not exceed greater than 3200 mg of Ibuprofen daily)**
- Call the office if you continue to have uncontrollable pain.
- If you are taking narcotic pain medication (Percocet or Vicodin), we recommend an over-the-counter stool softener, such as Docusate or Milk of Magnesia, to prevent constipation.

EMERGENCIES

Call the office at (401-218-6005) if you experience the following:

- Numbness in toes
- Pain uncontrolled by pain medicine
- Painful swelling



- Surgical site opens
- Increased redness at surgical site
- Drainage from surgical sites.
- Fever > 101° F for 24 hours or shaking chills
- Difficulty breathing

FOLLOW-UP CARE/QUESTIONS

- You should have a post-operative appointment scheduled 2 weeks after your surgery. If not, please contact the office at 401-218-6005 to schedule an appointment.



Prescription Refill Policy

401-218-6005

Our office requires **72-hour business hours for all prescription requests**. We are unable to write prescriptions on an emergency basis, so please monitor your medication carefully. Do not wait until you are completely out of medication to request a refill. We process requests in the order they are received.

Your request requires **one clear and detailed message on 401-218-6005**, with your full name, date of birth and best contact information. You will receive a call back the day before your script will be made available to you. **If you have not received a call or voicemail, your request has not been processed.**

PLEASE NOTE: If you are currently being followed by another doctor for pain medication, please have an open line of communication with their office, as we do not prescribe for long-term pain management. We will only prescribe to patients for a short period of time after surgical procedures. If you feel as though you will need to continue to take controlled medications after our treatment is complete, you will be referred back to the existing prescriber or a pain management facility.

Thank you in advance for your patience and cooperation.