BELL SPORTS MEDICINE INSTITUTE

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Postop Instructions: Knee ACL Recon with Quad Tendon Autograft

When You Get Home:

Rest for the remainder of the day.
Be Safe- stay in the care of responsible adult the first 24 hours.
Use Ice as much as possible (towel or cloth between skin and the ice pack)
- 20 minutes on/20 minutes off for regular ice packs
- If you are using a Cold Therapy unit, use it according to the manufacturer's instructions.

Knee Brace: you will be in the postop knee brace locked in full extension, to support the knee after the nerve block.
We will unlock the brace typically 3-4 weeks after surgery after Quad strength returns.

Pain Medication:

Take your pain medication- it's better to stay ahead of the pain.
Oral Narcotic pain medicines (Vicodin/Hydrocodone, Percocet, Tramadol, Codeine) help with pain, but can cause:
- Drowsiness: Be Safe, don't drive, operative machinery, don't mix it with alcohol.
- Stomach upset: Take with food, or try over the counter Zantac or Tums.
- Constipation: Drink fluids, use fiber supplements (Metamucil, Senokot), take Prune juice or Milk of Magnesia

Take anti-inflammatory medication to help with pain and swelling.
- Some patients are prescribed Toradol (Ketorolac): take every 6 hours for 4 days.
  - Ok to take with Pain Medications, not with other anti-inflammatories
- After 4 days of Toradol, you can take other anti-inflammatory medicines like:
  - Ibuprofen (Advil, Motrin), Naproxen (Aleve), Lodine, Mobic, Celebrex
- Go easy on the anti-inflammatory medications if you have stomach problems.
- No anti-inflammatory medications for patients with stomach or kidney problems, or those on blood thinners.

Dressing and Wound Care:

Keep the surgical dressing on for 2 days. Then you may remove the dressing, take a shower (No cover, bag needed).
It's okay for the small incisions to get wet, just gently dab them dry.
Then put new gauze dressings or square band-aids over the incisions.
Keep using the white stocking until your first postoperative visit at one week.
No bath/pool/hot tub (putting the knee underwater) for 2 weeks.

Exercises: Begin exercises immediately:

Tighten and release your thigh and calf muscles (called Isometric exercises).
CPM Machine: Most patients have a Continuous Passive Motion machine for 7-10 days.
- Try to use it as much for a total of 8 hours per day (nighttime counts).
- Take off the knee brace while the knee is in the CPM machine.

Start the settings at 45 degrees of flexion, then try to increase 10 degrees each day. Speed at the slowest rate.
You can plan to stop using the CPM when your knee bends past 95 degrees.

Activities and Restrictions:

You may put full weight on the surgical leg, just use crutches (or walker) for support
- Usually crutches are needed only for the first 3-4 weeks after surgery
- You can stop using crutches once your gait is normal (no limping allowed).

You may get up to the bathroom or kitchen, but avoid being up too long (causes swelling).
You'll be getting around your house well within a few days- Wait for a few weeks before being up for hours at a time.
Driving: Only after you are SAFE, which means:
- Off pain medications.
- Able to control a vehicle safely- get foot from gas to brake and press hard.

This usually takes about 1-2 weeks, sometimes longer. Use your best judgment.

Problems or Questions? Call us at 925.600.7020:

Feel free to call us if you have any concerns, or if you have any:
- Unrelenting pain, or increasing swelling or numbness, or high fever (above 101.5)
- Continuous drainage or bleeding that is soaking your dressing
- Chest pain, shortness of breath