

Postoperative Instructions: Knee Staged Revision ACL Reconstruction/ Tunnel Bone Grafting

When You Get Home:

- Rest for the remainder of the day.
- Be Safe- stay in the care of responsible adult the first 24 hours.
- Elevate the leg on 1 or 2 pillows for the first 2 days.
- Use Ice as much as possible:
 - 20 minutes on/20 minutes off for regular ice packs/frozen peas, with a towel or cloth between you and the Ice
 - If you are using a Cold Therapy unit, use it according to the manufacturer's instructions.

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, operate machinery, don't mix it with alcohol.
 - Stomach upset: Take with food, or try over the counter Zantac or Tums.
 - Constipation: Drink enough fluids, use fiber supplements (Metamucil, Senokot)
 - Take Prune juice or Milk of Magnesia if still constipated after 2 days
- You may 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.

Activities and Restrictions:

- You **HAVE TO** use crutches and wear the hinged knee brace for 4 weeks.
 - No weightbearing on the surgical leg.
 - You may remove the brace only if your knee is completely straight and resting on the couch or bed.
 - You may get up to the bathroom or kitchen, but avoid being up too long.
 - You can rest the weight of the foot on the ground if you are standing.
- 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.
 - Usually takes about 3-4 weeks, sometimes longer. Safety first- Use your best judgment.

Exercises:

- Begin gentle exercises immediately:
 - Tighten and release your thigh and calf muscles (called Isometric Exercises).
 - This helps prevent blood clots.
 - You can gently move your hip and ankle to keep them flexible.

Dressing and Wound Care:

- Keep the surgical dressing on for 2 days. Then you may unstrap the brace, remove the dressing, take a shower.
 - Try sitting in a plastic chair in your shower, keeping the knee straight.
 - It's okay for the small incisions to get wet, just gently dab the them dry.
 - Then put new gauze dressings or square band-aids over the incisions.
 - Then strap your brace back on.
- 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.

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.