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### **POST OPERATIVE INSTRUCTIONS FOR ENDOSCOPIC ANTERIOR CRUCIATE LIGAMENT RECONSTRUCTION SURGERY**

1. Upon discharge from the surgical facility, you can be up with your crutches for short periods of time (20-30 minutes). You may place as much weight on your surgical leg with your brace locked in complete extension. If you are not sure on how to lock your brace, please call your doctor's nurse for instructions. Unlock your brace when you are not applying any weight (i.e.: resting, sitting, in CPM). Please use your crutches at all times and when you get up always have your brace on.
2. Your knee will swell after surgery. To reduce swelling and discomfort, elevate your surgical leg on 2-3 pillows (above your heart) when your leg is not in the CPM. Use the ice machine continuously for 1 week. Make sure you have a thin towel or cloth between your knee and the ice pad. Never place the ice pad directly on your skin. If you are up too much, you may notice that your foot and ankle may swell also. To help reduce swelling in your foot and ankle, wiggle your toes and point and flex your foot throughout the day.
3. Keep your knee dressing clean and dry to help prevent any chance of infection. You may not get your knee wet until you have received permission from your doctor.
4. **DO NOT REMOVE YOUR KNEE BRACE** unless you have permission from your doctor.
5. Pain medication has been prescribed for you. For the first 72 hours after your surgery, take the prescribed pain medication every three to four hours. If you are having only minor discomfort, you may find that Extra Strength Tylenol will relieve your symptoms. Please be aware that most pain medications can be constipating. Be sure to drink plenty of fluids (water, juices, etc.) Pain medication can also cause feeling of nausea and vomiting. Please take each dose of pain medication with food. Please refer to the Peripheral Nerve Block Patient Education Sheet if you were given a regional block by the anesthesiologist.
6. If you have any questions regarding your home equipment, please call the distributor. Their phone number should be on the equipment or invoice.

7. Please call the office the following day and schedule your post-operative appointment on \_\_\_\_\_ . *Pasadena office: (626) 795-8051*      *Arcadia office: (626) 821-0707*

8. Approximately 3-5 days after surgery, you might experience increase pain and bruising on the front part of your calf. Place a heating pad, set at a mild to moderate temperature around your lower calf. Do not place heat directly on the knee. If heat is not relieving your discomfort, switch to ice.

9. If you develop a fever (above 100 degrees), increase pain or acute tenderness in your thigh or calf, please contact your doctor.

10. You should be in the CPM (continuous passive motion) machine 8+ hours daily. Remember your first goal to achieve post operatively is to regain full motion in your knee. There is no limit to how long you can be in the CPM machine. If for some reason the CPM is causing you discomfort, stop using it, but let your doctor know. Initially, the CPM is set on 0 degrees of extension (straight knee) and 30 degrees of flexion (bent knee). Increase the machine 5-10 degrees of flexion (bend) as tolerated. When in the machine, unbuckle your brace to lay it open. Try not to take your brace off completely for any reason.

11. To help regain your extension (straight knee), place your heel under a rolled towel placed on the edge of a low table (coffee table) sit in a chair/couch across from the table and allow your leg to hang in midair. You need to concentrate on relaxing your thigh muscle as much as you can. Do this exercise several times a day for 10-15 minutes at a time, or as tolerated.

12. If you go home with a drain in your knee (not everyone does), be extremely careful not to tug on the tubing. You should not have to empty out the reservoir at any time (it holds 400 cc of fluid). If you notice anything different or wrong about the drain or the tubing, please let us know. We will take your drain out in the office when you come to see us 48-72 hours after your surgery.