

B E C K E R
O R T H O P E D I C S
Advanced skills and experience for the results you deserve

3501 Health Center Boulevard, Suite 2440
Bonita Springs, Florida 34135
Phone: 239-949-3045 Fax: 239-949-3015
Douglas A. Becker, MD

HOME CARE AFTER ANTERIOR CRUCIATE LIGAMENT RECONSTRUCTION

Wound Care:

- 1) After 3 days remove the dressing.
- 2) Keep a bandage on the wound and change it every 2 days until there is no longer drainage. Some drainage may persist for up to 3 weeks from surgery.
- 3) Wrap knee with an ace bandage for 2 weeks to control swelling.
- 4) Apply ice to knee and elevate above the level of the heart for 20 minutes after exercises – 3 times per day for 2 weeks.
- 5) Keep the wound dry until the stitches are removed.
- 6) Call the office if you develop any of the following:
 - Temperature over 101 degrees
 - Large amount of bright red bleeding from incision
 - Significantly increasing redness, pain, numbness, or swelling
 - Thick, yellow, or foul smelling drainage from incision

Brace:

- 1) The brace is to be worn full-time (day and night) for 4 weeks. You should remove the brace during exercises and while icing.
- 2) Use crutches for a maximum of 2 weeks while walking. You may progressively put more weight on your operated leg, as tolerated, over the next 2 weeks.
- 3) Attempt to walk normally within 1-2 weeks.

Exercises:

- 1) Perform each directed exercise 3 times per day. Do 10-15 repetitions per exercise. Ice and elevate your knee for 20 minutes after exercises 3 times per day.
- 2) Physical Therapy is an important part of your rehabilitation. PT will be arranged when you return for your 2 week post-op appointment with Dr. Becker if it hasn't already been set-up.

Pain:

- 1) A prescription pain medication will be given to you before you leave the hospital.
- 2) Take 2 aspirin each day (unless you are allergic to aspirin or have been directed by another doctor not to take aspirin).
- 3) If you need additional pain medication call the office during office hours.
- 4) Some discomfort in the knee is expected for up to 6 weeks. Swelling in the operated knee and foot is often noticeable for up to 4 months.

General Directions:

- 1) Keep your leg elevated above the level of your heart as much as possible for the first 48 hours after surgery to help decrease swelling.
- 2) No pillows under the operated knee during the day or night.
- 3) Call the office to schedule a post-op appointment with Dr. Becker and a PT appointment 10 days from surgery. Please contact the office if you are unsure of your appointment times.
- 4) If you have any questions or concerns call the office at any time.