



Orthopaedic Specialty Institute
Medical Group of Orange County

Robert Grumet, MD

POST OPERATIVE INSTRUCTIONS
KNEE ACL RECONSTRUCTION

1. Day of surgery: Instructions Immediate Post-Op

- A. Diet: as tolerated
- B. Ice pack to knee every 1 to 2 hours, while awake, for 20 minutes.
- C. Pain medication as needed every 4-6 hours. It is helpful to take pain medication approximately one-half hour prior to exercise session.

2. First Post-Operative Day

- A. Continue ice pack every 1 to 2 hours while awake or at least twenty minutes prior to and after exercise session.
- B. Pain medication as needed.
- C. Continue with your Ankle Pump and Quadriceps Set exercises. Try to accomplish a little more each time you do them.

3. Second Post-Operative Day until Return Visit

- A. Continue ice pack as needed.
- B. You may weight bear as tolerated on your operated leg in your brace. You will walk with crutches and the brace locked in extension for 1 to 3 weeks depending on your healing. Use your crutches for balance. You need to sleep with your brace locked in extension for the first two weeks. You will discontinue the brace once you have full ROM and good quadriceps control. This usually occurs between 4 and 6 weeks post-op.
- C. Your brace or a splint on your leg, this must be worn for all walking activities. The brace may be removed for showering. It may also be removed for short periods of time while relaxing (while watching television, reading, etc.) as long as the leg is well supported.
- E. Please keep your ace wrap and post-op dressings just as they are until your 1st post-op visit. At that time, we will remove your surgical bandages. You will then be allowed to shower.
- F. You will need to keep your op site(s) dry when taking a shower. You can cover your incision with waterproof bandages (available at your local pharmacy) or plastic wrap. Do not remove steri strips that cover your incision, as they are used to keep your wound together and protect your stitches.

For Return Appointments

Your 1st post-op visit will need to be scheduled for 2-4 days after surgery.

Your 2nd visit will be 10-14 days after surgery.

If you have any problems or questions please call our office at (714) 937-2113.

During business hours 8:00am-5:00pm, ask for Elyse.

If you have a problem after hours, the answering service will contact Dr. Grumet.

Any activity that requires precise thinking and accuracy must be avoided for the first twelve hours after surgery and while taking pain medication, which includes operating machinery and/or driving a vehicle.