



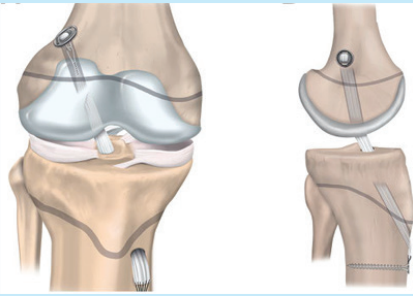
DISCHARGE INSTRUCTION POST ACL RECONSTRUCTION

Aster
HOSPITAL

We'll Treat You Well



Digital Version



Anterior cruciate ligament reconstruction (ACL reconstruction) is a surgical tissue graft replacement of the anterior cruciate ligament, located in the knee, to restore its function after an injury. The torn ligament is removed from the knee before the graft is inserted in an arthroscopic procedure.

CALL THE HOSPITAL IF YOU EXPERIENCE THE FOLLOWING

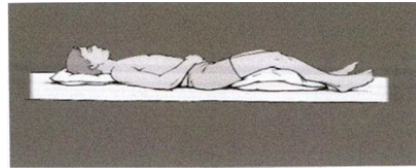
- Blood is soaking through your dressing, and the bleeding does not stop when you put pressure on the area.
- Pain does not go away after you take pain medicine.
- You have swelling or pain in your calf muscle.
- Your foot or toes look darker than normal or are cool to the touch.
- You have redness, pain, swelling, or yellowish discharge from your incisions.
- You have a temperature higher than 100.4 °F (38°C)
- Stitches found open.

GENERAL INSTRUCTIONS

- You may need help taking care of yourself when you first go home. Plan for a spouse, friend, or neighbor to help you.
- after surgery, avoid climbing ladders
- Avoid using the bath tub until instructed.

ACTIVITY

- Keep your leg propped up on 1 or 2 pillows. Place the pillows under your foot or calf muscle. This helps keep swelling down. Do this 4 to 6 times a day for the first 2 or 3 days after surgery. DO NOT put the pillow behind your knee. Keep your knee straight.

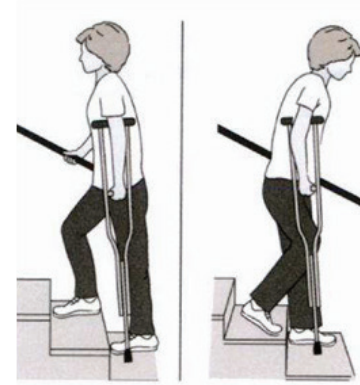


- Be careful not to get the dressing on your knee wet.
- DO NOT use a heating pad.
- Use Ice packs as indicated.
- You may need to wear special support stockings as advised by your doctor to help prevent blood clots from forming. Your doctor/physiotherapist will give you exercises to keep the blood moving in your foot, ankle, and leg. Your doctor may also give you blood thinners
- You will need to use crutches when you go home. You may be able to begin putting your full weight on your operated leg without crutches 2 to 3 weeks after surgery. If you had work on your knee in addition to ACL reconstruction, it may take 4 to 8 weeks to regain full use of your knee. Your doctor will need tell you how long to be on crutches.
- You may also need to wear a special knee brace. The brace will be set so that your knee can move only a certain amount in any direction. You will be taught how to use your brace.
- When the brace is



off for any reason, be careful not to move your knee more than you can when you have the brace on.

- Stair climbing: Climb one step at a time —Non operated leg up and operated leg down, your physiotherapist will teach you how to go up and down stairs using crutches or with a knee brace on.



Your physical therapist will give you an exercise program to help you build strength in your knee and avoid injury.

- Staying active and building strength in the muscles of your legs will help speed your recovery.
- Getting full range of motion in your leg soon after surgery is also important.

WOUND CARE

- You will go home with a dressing, keep the dressing clean and dry DO NOT remove them until your doctor says it is ok
- When you shower, wrap your leg in plastic to keep it from getting wet until your stitches or tape have been removed. You may then get the incisions wet when you shower. But be sure to dry the area well.
- If you need to change your dressing for any reason, put the crepe bandage back on over the new dressing. Wrap the crepe

bandage loosely around your knee. Start from the calf and wrap it around your leg and knee. DO NOT wrap it too tightly. Keep wearing the crepe bandage until your provider tells you it is ok to remove it.

PAIN

- Pain is normal after ACL reconstruction. It should ease up over time.
- Take your pain medicine when you start having pain, so the pain doesn't get too bad.

DRIVE

DO NOT drive if you are taking narcotic pain medicine. This medicine may make you too sleepy to drive safely.



PLEASE SCAN FOR
THE LOCATION

Aster HOSPITAL

We'll Treat You Well

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