



Michael S. Day, MD, MPhil

WellSpan Orthopedics

120 North Seventh Street, Chambersburg, PA 17201, Suite 101

Tel: (717) 263-1220; Fax: (717) 263-6255

POST-OPERATIVE INSTRUCTIONS
ANTERIOR CRUCIATE LIGAMENT RECONSTRUCTION
WITH PCL AND MCL RECONSTRUCTIONS

Activity

- Try and rest the first few days following surgery. When sitting or lying down be sure to keep your leg elevated up above the level of your heart to help decrease swelling.
- **Ice** or the **cryo-cuff** can be used as much as possible for the first 3-4 weeks to help decrease swelling.
- You will be **non-weight bearing** with **crutches** on the operative leg for 6 weeks
- You have been placed in a **hinged knee brace**. You will likely have to wear this for the first 8 weeks following surgery. The brace also must be worn while sleeping at night. You may remove your brace for therapy sessions starting 1 week after surgery. During the first week, keep the brace locked straight at all times and use your other foot to lift behind your ankle if your quad is weak.
- Your range of motion goal is to achieve full knee extension (straightening) and to build up quadriceps strength
- Driving is not recommended when taking narcotic pain medication.
- Return to (sedentary) work or school the week after surgery if pain is tolerable. Return to heavy labor or excessive ambulatory activities will be determined by Dr. Day.

Dressings

- Remove the dressing 48 hours after surgery. Clean the surrounding skin with sterile water or rubbing alcohol and cover the sutures loosely with a clean gauze dressing if any drainage or ACE wrap if incisions are dry.
- If there are small white tape strips that have been placed across your incision, do not remove them.
- Wrap the knee with an ACE wrap (snug, not tight).
- Be sure not to vigorously rub over any of the incision sites as they are still healing.
- Small amounts of bloody drainage, numbness at incision site, swelling, and bruising are normal findings following surgery.
- Do not use any ointments on the wound.

Showering/Bathing:

- You may shower after 48 hours after returning home. You can allow soap and water to run down the incision. There is no need to cover the wound while in the shower. The white bandage strips (steri-strips) will fall off on their own in the next two weeks.
- You should not scrub the incision. Be sure to pat the incision dry with a towel after showering.
- If wound drainage is noted, you should **sponge bathe instead of showering** until the drainage resolves.

- No submersion in water, including a bath, Jacuzzi, lake or swimming pool for six weeks and until given clearance by Dr. Day.
- You may remove the brace to shower, but be careful to avoid any sudden movements or heavy lifting. A shower seat is highly recommended.

Medication

- Take prescribed pain medication as needed
- Post-operative pain tends to be the most pronounced the first 2-3 days following surgery. Once the pain allows you to do so, transition to over the counter pain medications such as Tylenol as they have significantly fewer side-effects compared to narcotic pain medication. **Do not exceed 4,000 mg acetaminophen in 24 hours from all sources.**
- You have also been given a prescription for **enteric coated Aspirin 81 mg** which you should take once daily with food to decrease the risk of post-operative blood clot formation.
- You may also have been given a prescription for Zofran, an anti-nausea medication. Please take this medication as needed for nausea
- If you have any side effects (i.e. Nausea, rash, trouble breathing) from medication discontinue its use and call our office.

Physical Therapy

- You should schedule therapy to begin one week from the date of your surgery.

Follow Up

- You have likely already been scheduled for your first post-operative visit. If you have not received an appointment, please contact the office to schedule an appointment approximately 14 days after your surgery.
- You will be seen by Dr. Day or his Physician Assistant for your first post-operative visit to review your intra-operative findings and to go over any questions you may have.
- Call the office immediately if you develop a fever (>101.5), chills, excessive incision drainage, calf pain, or increased numbness in leg.
- If you have any questions or concerns please feel free to call the office.