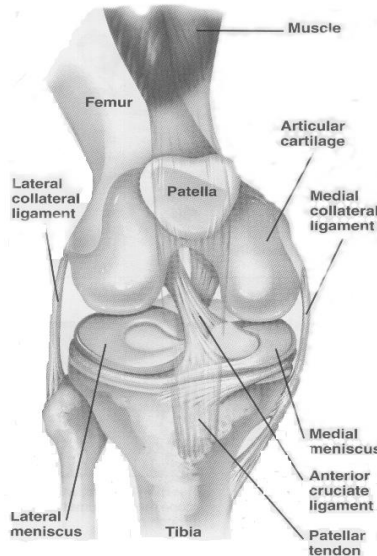


ACL Reconstruction Surgery



POST-OP INSTRUCTIONS

- To decrease swelling, elevate your leg above heart level whenever you can. Pointing and flexing your foot as well as doing ankle circles will help with swelling also.
- You will have a polar care unit incorporated into your dressing. It uses a continuous flow of cold water passing through a pad over your incision to provide comfort and reduce swelling. Use this continuously for the first 48 hours and then as needed for comfort thereafter. You should also use the polar care after therapy.
- Keep the dressings in place and dry until your follow up appointment with Dr. Samuelson in 4-7 days. If you do not already have an appointment scheduled, please contact (913) 381-5225.
- Use your crutches for the first 4 weeks after surgery. You may progress to full weight bearing on the affected leg over the first 2-3 weeks after surgery as tolerated, but you should still use the crutches for balance and safety. Dr Samuelson will instruct you if you should not be putting weight on your surgical leg.
- You may take over the counter Aleve or Ibuprofen as directed by Dr. Samuelson.
- Take the pain medication as needed. Be aware that a common side effect of some pain medications is constipation. It is important to remain well hydrated and include fiber in your diet. You may use an over the counter stool softener or laxative if necessary.
- Start slowly with your diet, progressing from clear liquids to a regular diet. Avoid heavy or greasy foods the first 24 hours after surgery.
- Early motion is very important after ACL reconstruction. Remember to do the range of motion exercises listed below as soon as you leave the recovery room and continue to do them 3 times per day until you see Dr. Samuelson in the office. **You will remove the brace only to do exercises.**

- While doing range of motion exercises it is important to emphasize full extension of the affected leg as well as flexion. If you cannot reach full extension you may place a weight on your knee over the patella to assist with extension.

EXERCISES FOR KNEE REHABILITATION

(Remove brace to do exercises listed.)

1. QUAD SETS

Tighten front thigh muscle (quadriceps) by trying to push the back of the knee to the floor. Repeat 25 times 3 times per day.



2. STRAIGHT LEG RAISES

Tighten your thigh muscle and lift your leg 8-12 inches. Hold 4-6 seconds. Slowly lower your leg. Repeat 10 times 3 times per day.



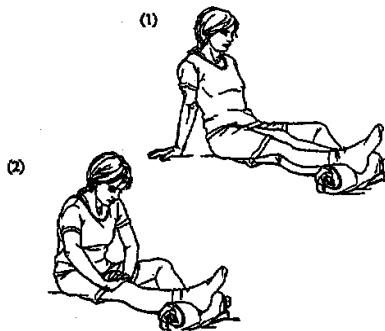
3. HEEL SLIDES

Go ahead and **BEND** your knee, it will get stiff if you keep it straight all the time. You may do heel slides, or sit in a chair and let your knee bend. Do this 15 times 3 times per day.



4. KNEE EXTENSION

Push your knee gently to the floor and hold for 5 seconds. Repeat 10 times 3 times per day.





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