



Division of Signature Medical Group of KC, PA

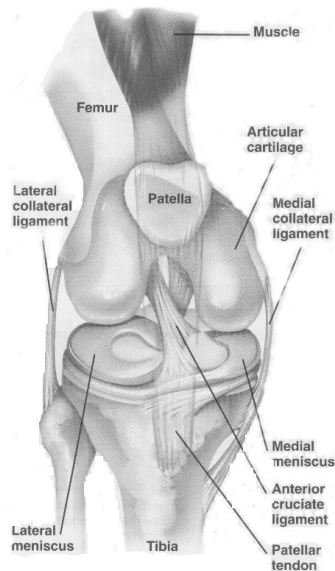
## ANTERIOR CRUCIATE LIGAMENT RECONSTRUCTION

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### **PRE-OPERATIVE INSTRUCTIONS**

- ✓ **Do not eat or drink after midnight the night before surgery.** This includes chewing gum, candy, and mints. No smoking or use of tobacco products.
- ✓ You will need to obtain crutches if you don't already have them. Bring them with you the day of surgery.
- ✓ Stop all blood thinners 1 week prior to surgery, unless directed otherwise. This includes coumadin, aspirin, and anti-inflammatories such as ibuprofen, Aleve, and Nuprin. You may use acetaminophen for pain.
- ✓ Stop all herbal supplements 1 week prior to surgery.
- ✓ Plan to spend approximately 8-10 hours at the surgical facility.
- ✓ Arrange for someone to drive you home and stay with you through the night.
- ✓ If you don't already have a post-op appointment for 4-7 days after surgery, call the office to schedule one at (913) 381-5225.

### **EXERCISES FOR KNEE REHABILITATION**

#### 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.



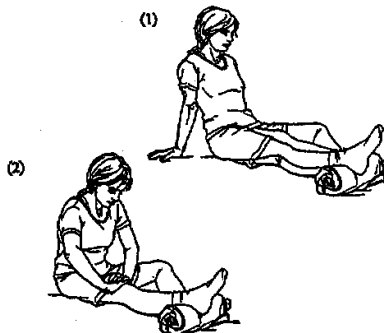
3. HEEL SLIDES

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.



## **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. If your knee swells it may cause the ace bandage to become too tight, causing swelling in the ankle. You may unwrap the ace bandage, then rewrap so that it fits snugly.
- ✓ 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 frequently as needed for comfort. You should also use the polar care after therapy.
- ✓ Keep dressing on and dry until your follow up appointment with Dr. McNamara in 4-7 days. If you do not already have an appointment scheduled, please contact (913) 381-5225.
- ✓ Use your crutches to get around as needed. You may progress to full weight bearing on the affected leg over the first 2-3 weeks after surgery as tolerated, unless otherwise instructed by the doctor. *If you have a **meniscus repair**, you will be required to remain on crutches for six weeks non-weight bearing. All range of motion exercises will begin as normal but **no** weight bearing.*
- ✓ Take the anti-inflammatory medication as prescribed to you.
- ✓ Take the pain medication on an as needed basis only. 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. After surgery you will have a hinged knee brace on which will be locked in straight extension at 0°. You may move the dial on either side of the brace from the locked position to 0° with flexion set at 90°. This will allow you to bend your knee and begin range of motion as well as to begin to put some pressure on your leg as you walk with your crutches. When you go to bed, put the dial back on the locked position at 0°.
- ✓ Remember to do the range of motion exercises listed in this brochure as soon as you leave the recovery room and continue to do them 3 times per day until you see Dr. McNamara in the office.
- ✓ 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.
- ✓ Dr. McNamara may give you a prescription for formal physical therapy (PT) to begin prior to your first post-op visit. Please call our office and ask for the Insurance Department at ext. 320, 321, or 322 to find out about insurance authorization and location.