

A.C.L. RECONSTRUCTION - HOME INSTRUCTIONS

1. Do not get your brace wet. Sponge bathe only or cover your leg with a plastic bag and 2 rubber bands at the top for your shower.
2. Do not remove your brace or unwrap any part of the ace wrap. If you feel pressure in your knee or leg, elevate more.
3. Take prescription pain medicine according to directions. Do not drive or drink alcohol while taking this medicine as it will cause drowsiness.
4. Take your temperature twice daily (am and pm) for 7 days. Notify me if your temperature is 102 degrees F or higher.
5. Notify me if you develop numbness, excessive swelling or change in color or temperature of the foot, or if the ace wrap is soaked with blood.
6. EXERCISES:
 - A. Knee Extension – With the leg flat on the floor, push the thigh down until the back of the knee touches the floor...10 times daily.
 - B. Thigh Strength – While lying flat on the floor, TRY to lift the foot about 8 inches above the floor...someone can help you by lightly supporting the foot...10 times daily.
 - C. Walking – non-weightbearing on the operated leg with crutches for 6 weeks and leave the brace on at all times.
7. You must report to your first PHYSICAL THERAPY visit 2 days after your surgery...the prescription is provided ...bring it to your therapist.
8. Take one baby aspirin daily for 4 weeks, beginning the evening after you finish your TORADOL...**DO NOT DO THIS IF YOU ARE ON BLOOD THINNERS OR HAVE A HISTORY OF ULCER DISEASE.**

CALL 602-277-6211 TO MAKE AN APPT. FOR 10-14 DAYS POST-OP.

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