



Anterior Cruciate Ligament Reconstruction

Before Surgery

The night before surgery you can eat and drink until midnight. After midnight, do not drink or eat anything until after your surgery is over. If you have questions about medications that you take in the morning, please ask our office for direction.

Recovery after surgery

You will probably have a polar care and a hinged knee brace on when you wake up.

- Polar care - a constant automatic cold pack that decreases swelling and pain. Use this three times a day for the first week after surgery.
- Hinged knee brace - This takes the stress off of the ACL. You can walk with this brace on if it is locked. Use as directed below.

To keep you comfortable, you will be given a prescription for narcotics. ie: Lortab, Percocet, etc. Make sure you take these a 1/2 hour before going to physical therapy.

Keep your dressings clean and dry for the first three days. On the fourth day you can shower, letting the water run off the incision site. No soaking the incision site until the sutures are removed.

Activities

- Begin immediate straight leg raises, isometrics and heel slides.
- Begin range of motion program within one week after surgery in physical therapy.
- Progress range of motion to straight and bent to 90 degrees by end of two weeks.
- Knee brace locked for 1st month.
- Knee brace unlocked for 2nd month.
- Take knee brace off after 2nd month.
- In-line jogging after 2 months.
- Goal is to resume competitive sports activity at 6-8 months if healing appropriately.
- You will need to have physical therapy for at least three months after surgery.

If you will follow the above guidelines your surgery will have a higher success rate. For more information, check out: <http://www.orthoinfo.org/>

Washington Boulevard

ogdenclinic.com

4350 Washington Blvd. Ogden, UT 84403

Phone 801 475 3300

Fax 801 475 3301