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## **ACL Reconstruction Post-operative Instructions**

An ACL reconstruction is a major surgical procedure. I have included below a few general instructions and helpful suggestions.

You may use Oxycontin one pill every 12 hours for the first 4-5 days. This medicine will allow a constant amount of pain medication in your system. You may use Percocet for pain in between doses of the Oxycontin (if not allergic). Start the Percocet when you get home. Don't wait too long. It is important to stay ahead of the pain. You may adjust the dosage according to your pain level. Common side effects of the medication include itchiness, rash, nausea and/or constipation. You may combine the Percocet with Ibuprofen (Advil or Motrin) two or three 200mg tablets, three times a day, in between doses of Percocet if needed for pain control. Also, you may use the cold unit as frequently as possible to help control pain and swelling. I would like you to take one aspirin per day to help prevent blood clots. Please buy an over the counter stool softener so that you are prepared if constipation occurs.

You will have a knee immobilizer on when you leave the hospital. Wear the immobilizer for most of the time, including nighttime, until I see you back in the office. Use crutches and bear weight on the leg as tolerated using the knee immobilizer when walking. Let pain be your guide to activity level. Don't overdo it. You may remove the immobilizer and begin to move and bend your knee as your pain level allows (usually ~3-4 days after surgery). Do **NOT** keep a pillow under your knee for comfort when out of immobilizer. You are encouraged to straighten your leg, with a support under your heel only, in order to encourage gaining full extension (straightening) of the knee. I would like you to contact your physical therapist to start your rehabilitation program 4-7 days after surgery. M.O.S. PT- 860-638-3820

Leave the outer dressing on for two days. Expect some bloody drainage. You may remove the outer dressing in 2 days and you may shower in 3 days. No baths or soaking of knee. You may leave the paper strips open to air after 3 days post-op. It is not a problem if the paper steri-strips covering the incision fall off on their own, however do not intentionally remove them. Bruising and leg swelling are also expected.

Watch for signs of infection such as a persistent fever ( $>101^{\circ}$ ), redness around the wound, or continuing drainage from the wound. If you suspect an infection please call the office – don't wait.

If your postoperative follow-up visit was not made for you prior to discharge, please call the office at (860) 685-8940 for an appointment in approximately 7-10 days after surgery.

**Good Luck and Speedy Recovery!**

