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## POST OPERATIVE INSTRUCTIONS ACL / KNEE LIGAMENT RECONSTRUCTION

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1. You will be given 5 medications to take, use as directed on the bottle:  
Ibuprofen 600 mg (Mild to moderate pain)  
Percocet 5/325 mg (Severe pain)  
Vistaril 25 mg (Nausea/vomiting, itching, insomnia)  
Aspirin 81 mg (Blood clot prevention)
2. It is normal for pain to increase 12-24 hours after surgery when the anesthesia block wears off. Take pain medication as directed, **DO NOT WAIT** until the pain is unbearable. After 24-48 hours, if you find the pain medication is too strong, you may switch to Tylenol 500 mg (no more than 8 tablets per 24 hours), Ibuprofen (Motrin, Advil), or Naproxen (Aleve).
3. Take aspirin (81 mg) once daily by mouth for 4 weeks for blood clot prevention.
4. Apply an ice pack to the knee. Use ice 3-4 times a day for at least 20 minutes during the first week following surgery. You may open the brace and apply the ice directly over the ace bandage.
5. Plan on staying home and elevating the leg regularly for 2-3 days. Elevate the leg from the hip down.
6. Leave brace in full extension at all times. You must remain in the brace day and night (during sleep also) until your first post-operative visit. Do not adjust brace to allow for flexion.
7. Weight bearing status:
  - Walk with crutches, weight bearing as tolerated on your leg. Continue brace at all times while weight bearing. Most patients take 7-10 days to get comfortable with full weight bearing.
  - Use crutches. Remain **toe-touch weight bearing only** on the leg at all times.
8. Therapy arrangements are usually made on your first post-operative visit. Start therapy ASAP after this visit (usually the next day or same week).
9. You may loosen the ace bandage if it feels too tight or if there is swelling below the calf, foot or ankle area but please do not remove.
10. **KEEP THE KNEE DRY** at all times. You may use a plastic bag around the leg while showering. Alternatively, you may also sponge bathe.
11. Call Dr. Beiro's office on the day following surgery to arrange for a follow-up appointment. Office phone number is **732-283-2663**. You should be seen in the office **within 3-5 days** following your procedure.
12. **Call Dr. Beiro's office/answering service immediately if you experience any persistent pain, swelling, excessive bleeding, tenderness in the calf area and/or shortness of breath. If for any reason you do not speak to a physician, please go to the nearest Emergency Department.**