

## **ACL RECONSTRUCTION with OATS**

### **Postoperative Instructions**

**MEDICATIONS:** You will be given three prescriptions- Medications to control pain, nausea, and constipation. Take as directed. You should also eat yogurt for the first 3 days to help maintain the normal, helpful bacteria within your stomach.

**DRESSING:** You may remove your dressings 48 hours after surgery. Leave the steristrips in place.

**SHOWERING:** You may not shower until after your dressing has been changed. You do not need to cover the incisions during surgery. Leave on the steristrips. You do not need to cover after showering. No scrubbing but ok to use regular soap.

**ICE:** Icing is very important to decrease swelling and pain and improve mobility. During the first 24 hours, apply ice every 2 hours, 15 minutes each time. After 24 hours, continue to use the ice 3 – 4 times a day, 15 – 20 minutes each time to keep swelling to a minimum.

**WEIGHT BEARING:** You will be non-weight bearing for 4 weeks followed by partial weight bearing for 2 weeks and full weight bearing at 6 weeks. OK to start working on achieving full ROM.

**CPM:** If you were provided a CPM machine, start day 1 after surgery from 0-30° increasing by 5° every day. You should use the machine for 2 hours at a time 3 times per day (total of 6 hours).

**FEMORAL NERVE BLOCK:** If you elected to receive the block, you were given an injection into your upper thigh to block the conduction of your femoral nerve which conducts pain and also controls your quadriceps muscle. Therefore you should be relatively pain free but you will have little control of your leg. You should wear your immobilizer until your first physical therapy appointment when you will be instructed on how long and when you should wear your immobilizer.

**ACTIVITIES:** Rest and elevate your leg for the first 24 hours. Do **NOT** place a pillow under your knee. Elevate with a pillow under your calf and ankle. It is important to get your leg as straight as possible as soon as possible.

**EXERCISES:**

1) Quadricep Contractions:	5 – 10 per hour Push knee into bed Tighten thigh muscle
2) Straight Leg Raises:	5 per hour
3) Ankle pumps	10 per hour

If you experience severe pain that your pain medication does not relieve, you should let us know. **If you experience a temperature over 101.5\*, redness or swelling in your thigh or calf, please contact our office daytime, evenings or weekends at (847) 634-1766**

**GOALS:** Safe ambulation and pain control.