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POST-OPERATIVE PROTOCOL ACL RECONSTRUCTION

Michael B. Gerhardt., M.D.

Wound Care:

Sutures remain on incision for **one week**

Steri-strips remain on incision for **two weeks**

Ace Bandage remains on your knee for **two weeks**

Stocking remains on your knee for **one week**

Ice at least **four (4) times per day for thirty (30) minutes**

Shower with extremity **covered** for **one week**

You will be **partial weight bearing** for at least fourteen (14) days after surgery, using a cane or crutches.

Refrain from prolonged walking or standing for at least one (1) month post operatively

You will be **unable to drive a car** for at least three (3) days following surgery, and **unable to drive a car while on pain medication**

Exercise everyday following the instructions given to you at surgery (ie: straight leg raise, quad sets, knee bending, quad sets, Pedlar)

Medications:

As prescribed for pain and inflammation

Physical Therapy

Begins one week after surgery and lasts three (3) times a week for four (4) weeks

Post Op Visit

Initial post op visit is one to three days following surgery