

**Yasmin Dhar, M.D.**  
**Sports Medicine and Arthroscopic Surgery**  
600 Mamaroneck Avenue, Suite 101  
Harrison, NY 10528  
Phone: (914) 686-0111 Fax: (914) 686-8964  
www.YDharMD.com  
www.SpecialtyOrthoNY.com



## ACL Reconstruction: Postoperative Instructions

**Diet:** Resume regular diet as tolerated

**Medication:** Take pain medicine as prescribed  
Please avoid taking non-steroidal anti-inflammatory medication for 4-6 weeks after surgery unless specifically instructed to do so by your surgeon. (*i.e.* Motrin, Advil, Aleve)  
Please resume regular medication regimen the day after surgery  
Other: **Take Aspirin 81mg PO Daily x 2 weeks, begin Day #1 after surgery**

### Activity:

- Minimize activity the day of surgery.
- Apply ice, even though bandages are thick and you may not feel the cold. Apply the ice to the knee 4-5 times per day for 20-30 minutes at a time.
- Elevate operative extremity 4-5 times a day for 20-30 minutes at a time. Place a rolled towel under your ankle to maintain full extension of your knee. **DO NOT** always lay with a pillow under your knee.
- You will be in a knee brace. Keep the brace on and locked in extension for sleeping and walking. You may remove the brace to ice and elevate the leg.
- You may:  
***Bear weight as tolerated on your operative leg with crutches and your brace locked in extension***
- Move ankle up and down 4-5 times a day to decrease stiffness in your lower leg starting the first day after surgery.
- **DO NOT** use heat.
- **DO NOT** use exercise equipment unless otherwise instructed.

### Wound & Dressing care:

- Keep the dressing dry. You can expect some light bloody wound seepage through the bandage. **DO NOT BE ALARMED.** This is normal.
- Your knee can become very swollen. It may take a week or longer for all of this to go away. It is also common to notice bruising around the knee and shin as the swelling resolves.
- If the dressing does get soaked with wound seepage, call your physician's office at 914-686-0111.
- Maintain the surgical dressing. **DO NOT** remove the dressing until follow up appointment.
- **DO NOT** get the incisions/dressing wet; cover your leg with a waterproof bag when showering.

### Ice/Compression Machine:

- This **NOT** used in all cases; coverage may depend on your insurance.
- If your insurance company has approved the machine, a company will call you and it will be delivered to your house. You should use it for the first 2-4 weeks.
- You may remove your leg from the brace to use the machine.

**Notify your physician if you experience any of the following:**

- Any fever over 101.5 degrees
- Change in pain or excessive pain
- Excessive wound drainage

**Specific Instructions:** Please call 914.686.0111 to schedule your follow up appointment with your physician. You should return to the office within **5-7 days** after surgery.