



ADVANTAGE ORTHOPAEDICS, P.C.

William O. Thompson, MD

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POST-OPERATIVE INSTRUCTIONS **KNEE ARTHROSCOPY WITH ACL RECONSTRUCTION**

1. Remove the dressing on post-op day #2.
2. Apply Band-Aids to small wounds & redress large wound. Please do not use bacitracin or other ointments under the bandage. Use ice as often as possible for the first 7 days (20 minutes per hour), then as needed for pain relief. An ace wrap may be used to help control swelling. Do not wrap the ace too thickly or the ice will not penetrate.
3. You may shower on postoperative day #3, however do not wet the wound. Cover the area with tape and plastic wrap. Keep the wound dry at all times, until your sutures are removed by the doctor. Do not soak the knee in water or go swimming in the pool or ocean until your sutures are removed.
4. Keep your leg elevated with a pillow under your calf, NOT under the knee.
5. Keep the post-op brace on at all times, except when in the CPM machine.
6. CPM: 0° TO 30-40° 2 hours three times daily as tolerated; increase 10° each day.
7. Exercises to be performed 2-3 times daily:
 - Gentle range of motion of the knee: active flexion & passive extension (always use your normal leg to lift the operated limb to the extended position; **DO NOT** attempt to straighten your leg with your quadriceps muscle).
 - Straight leg raises, with foot straight and turned out. Goal is 25 reps three times per day.
 - * Isometric quadriceps contractions.
 - Weight bear with crutches, as tolerated, with the brace locked in full extension.
8. Please call the office to schedule a follow-up appointment 2 weeks post-operatively.
9. If you develop a fever (101.5), redness or drainage from the surgical incision site, please call our office to arrange for an evaluation.
10. You may experience some low back pain due to muscle spasm from the epidural / spinal anesthesia. If so, apply heating pad to area and take an analgesic if you have not already done so.
11. You will have a percocet script for pain. You should also take an over the counter anti-inflammatory post-operatively. Aleve, Advil, etc: are anti-inflammatory medications and are to be taken: two tablets twice a day with breakfast and dinner, for the first ten days after surgery. Percocet, a narcotic, is to be used on an "as needed" basis for pain in addition to the anti-inflammatory.

If you have any questions, please feel free to call our office.

If you have any difficulty using anti-inflammatory medications or aspirin, or have a history of ulcer disease, you will only use the Percocet or Vicodin post-operatively.



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KNEE ACL EXERCISE GUIDE

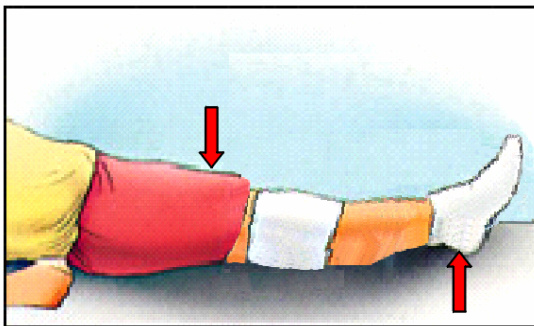
Initial Exercise Program

Begin the day after surgery, Repeat *three* times daily.



Hamstring Contraction, 10 Repetitions

No movement should occur in this exercise. Lie or sit with your knees bent to about 10 degrees. Pull your heel into the floor, tightening the muscles on the back of your thigh. Hold 5 seconds and then relax. Repeat 10 times. Three times daily.



Quadriceps Isometric Contraction, 10 Repetitions

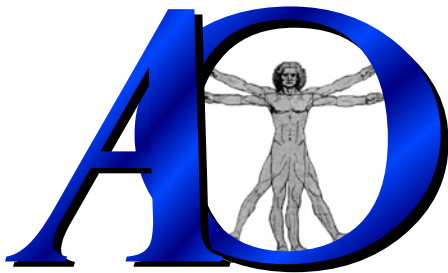
While lying down on your back, tighten your quadriceps muscle, forcing the back of your knee against the bed. Hold tightly for 5 seconds. Repeat 10 times.



Straight Leg Raises, 10 Repetitions

Lie on your back, with uninvolved knee bent, straighten your involved knee. Slowly lift about 6 inches and hold for 5 seconds. Slowly return to the starting position. Repeat 10 times.

Advanced: Before starting, add weights to your ankle, starting with 1 pound of weight and building up to a maximum of 5 pounds of weight over 4 weeks.



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Buttock Tucks, 10 Repetitions

While lying down on your back, tighten your buttock muscles. Hold tightly for 5 seconds. Repeat 10 times.