

# BRAUNLICH ORTHOPEDICS

## Post-Operative Instructions: ACL Reconstruction

---

**This document provides information regarding incision care, pain management, and activity following a ACL RECONSTRUCTION surgery. The instructions in this document have been dictated and reviewed by Dr. Braunlich. If there are symptoms beyond what is listed, please call the office or visit the closest E.R.**

Following Surgery:

- Incision care
  - Patient may change dressing the day after surgery
  - Proper care for surgical incision:
    - Clean incisions with rubbing alcohol everyday
    - Cover incisions with bandages
    - Cover incisions while showering
    - Keep incisions dry and clean
  
- Pain Management:
  - Use prescribed pain medication only as needed
    - Minimize use as pain subsides
  - Pain medication may be supplemented with over-the-counter ibuprofen if cleared by the patient's PCP to do so
  
- Surgical Site
  - Any redness, swelling, warmth or bruising is from the surgery and is to be expected

- Certain amount of pain and discomfort is from the surgery and is to be expected
  
- Weight-bearing and Range of motion (ROM)
  - Patient may be full weight-bearing on operative leg only when wearing their brace
    - Patient can remove brace sitting
  - Patient may begin quad sets (see video)
    - Straightening knee, flexing the quad muscle, and bending the knee
  
- Driving
  - Patient is not to drive while taking narcotic pain medications
  - Patient should not drive following a right lower extremity surgery until they have regained normal function