



Dr. Joshua Alpert
Post-Operative Surgery Instructions:
Knee: Arthroscopic ACL Surgery

Immediately After Surgery in the Recovery Room:

- After surgery you will be taken to the recovery room, where your family can meet you. You will have a knee brace on your operated knee. The knee brace should stay on whenever you are on your feet but can be removed when resting and sitting at home.
- You will have a cooling device on your knee. This is used on the post-operative knee to reduce pain and swelling.
- It is encouraged that you move your ankle, foot, and toes as much as possible to increase circulation. If you have had a nerve block, that may not be possible on the recovering extremity for up to 24 hours.
- A nerve block has been used to decrease pain in your knee and will wear off after surgery anywhere between 6-24 hours. This can vary significantly by individual.
- You will receive a prescription for pain medication for your return home. Please remember to take it exactly as prescribed for the most effective results. Please note that common side effects of the pain medication are nausea and constipation. Any over the counter stool softener will work for constipation. If you have intolerable nausea, please call our office to discuss further.

After Surgery at Home:

- Post-operative pain medication was sent to the pharmacy prior to surgery. The postoperative pain medication standard is Norco.
- Starting the day after surgery, please take 81 mg of aspirin twice a day by mouth for two weeks.
- Weight bearing status:
 - If an autograft (your own tendon) was used for your ACL reconstruction, you can bear weight as tolerated on the operated leg.
 - If an allograft (cadaver) was used for your ACL reconstruction, you are allowed to put 50% of your weight onto the leg when walking with crutches.
 - If your meniscus was also repaired, regardless of the type of ACL reconstruction you had, you are not to bear any weight on the operated leg while walking with crutches.If you are not sure about what weight bearing status applies to you, please call our office at 224.293.1170.
- The large dressing can be removed and a smaller bandage applied at home 48 hours after the surgery. You will see small band-aids called steri-strips that look like

pieces of tape covering the incision. These can get wet without an issue, and they should remain on until they fall off on their own.

- You may shower after 48 hours, and it is safe to get the wound wet. No soaking the wound (no baths/pools/hot tubs) until wound is completely healed.
- Use the knee cooling device as necessary for 3-7 days. Cooling helps reduce pain, swelling, and inflammation. When you notice it is no longer offering any benefit, feel free to stop using it.
- For your comfort and the protection of the reconstructed ACL, the knee brace is usually necessary for 4 to 6 weeks, unless otherwise instructed by your surgeon.
- Pain medication: We will not call in medication refills after 5pm or on the weekend. Please let our office know during business hours when a refill is needed, and we will call it in per office policy.
- Physical therapy recommendations will be made during your first office visit after surgery.

First Post-Op Office Visit:

- Please arrange to see Dr. Alpert in the office 3-10 days after surgery for follow up, further instructions, and PT recommendations.
- Physical therapy recommendations will be made at your first post-operative visit. An initial prescription is usually 2-3 times a week for 6 weeks. The total amount of physical therapy you may need can last up to 6 months.
- If you have any questions or concerns regarding your surgery or the rehabilitation protocol, please contact Dr. Alpert's office at 224.293.1170.

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