

# RUSSELL M. LAFRANCE MD

Orthopedic Surgeon & Sports Medicine

### ACTIVITY:

- Use crutches until you are seen in physical therapy, they will guide on how to wean off of the crutches.
- Wiggle your toes of affected limb, squeeze/fire your quadriceps muscle, and pump your foot/ankle up and down whenever you think about it. The more, the better (pain guided).
- Begin Towel Roll (towel under your heel and tighten your thigh muscle while trying to fully extend your knee) exercises tomorrow morning, do 10 sets of 10 reps every day
- You can unlock your brace tomorrow morning and begin to flex and extend your knee. Lock your brace while walking and at night until you are seen by Dr. LaFrance
- Physical therapy should start in 3-5 days

### DIET:

- Start with liquids and advance your diet as tolerated.

### Medication:

- Take the prescription pain medicine (OxyContin//Percocet) as prescribed. DO NOT take Tylenol in addition to this.
- Use the Mobic as prescribed until it is gone, do not take ibuprofen, motrin, Aleve, or other anti-inflammatory medications while you are taking the Mobic
- If you are taking prescription pain medication, you should not drive, operate machine/power tools, or drink any alcoholic beverages.

### DRESSING:

- Keep your dressing clean and dry and do not remove this until you are seen in physical therapy.
- No showering until seen by physical therapy, you may sponge bathe. They will instruct you on showering once your incision is healed.
- Continue to wear the TED stockings until you are seen in follow-up
- Use ice over the front of your knee for 20 minutes intervals (no longer) for 3-4 times per day during the first week after your surgery. Be sure to use ice after physical therapy.

## ACL Reconstruction – Patient Information

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### **SPECIAL INSTRUCTIONS:**

- Once you are off pain medications, you may drive if your LEFT knee was operated on.

### **YOU SHOULD CALL YOUR DOCTOR FOR ANY OF THE FOLLOWING:**

- Fever greater than 101.5° F
- Redness, warmth in the leg, knee, or calf
- Foul smelling drainage from the incision
- Pain uncontrolled with pain medication as prescribed by your doctor
- Persistent nausea or vomiting into the next day
- Increased swelling of your toes or severe tightness of bandage

### **FOLLOW-UP CARE:**

- Your postoperative appointment 2 weeks after surgery will have been made for you when surgery was set up.