

Dr Ball ACL Reconstruction

What to Expect/Activity

- It is normal to have some discomfort in your knee for several days.
- For the next 48 hours use the ice machine if provided, or use ice packs for one hour every hour followed by a 20 minute break while awake. Once the surgical dressing is off, keep the machine or ice packs on for 20 minutes per hour. Do not place the pad directly on your skin – use a thin barrier.
- Elevate your surgical leg by placing one or two pillows underneath your calf, NOT your knee, to help reduce swelling.
- You are weight bearing as tolerated to your operative leg, with the knee brace locked in extension.
- Wear your brace while you are sleeping.
- We encourage ankle pumps and range of motion, active quadriceps contraction in your brace and straight leg raises in your brace.
- You may take off your knee brace with knee range of motion as tolerated. If CPM is not available please refer to heel slide diagram and do exercises for approximately 2-4 hours total during the day.
- Wear your white compression stockings (TEDS) for two weeks post-surgery to help prevent blood clots.

Dressing/Wound Care/Bathing

- You may remove your dressing 3 days after surgery and shower.
- Your incision was sutured with dissolvable sutures, and covered with Prineo - an adhesive mesh held in place with medical glue.
- Keep the entire dressing clean and dry for two days. The incision is covered with Prineo, an adhesive mesh held in place with medical glue. There may be some blood staining on the mesh- this is normal. There should not be any drainage or staining on the gauze dressing over this after 48 hours. If there is active drainage, call the office.
- You may remove the outer gauze dressing in 48 hours, but keep the adhesive dressing in place.
- You may shower once there is no drainage for 24 hours after the gauze dressing is removed (Post op day #3). Leave the adhesive Prineo in place. Do not scrub, just let water run over and pat dry gently.
- The ace wrap must remain in place for 48 hours. After 48 hours you may remove the ace wrap. As long as there is no drainage, you may leave the incision open to air. If there is drainage, apply a dry dressing and change it daily until the incision is dry for 48 hours.
- You may get your incision wet in the shower after the incision has been dry for 24 hours (Post op day #3).
- Do not soak in a bath, hot tub, pool, lake, ocean, etc.

Pain Management/Medications

- You may resume your usual medications.
- You have been provided a prescription for narcotic pain medication. This is to be used only as needed for breakthrough pain that is not controlled with over-the-counter pain medication.
- Please take the following medications:
 - Aspirin – 325 mg daily for 14 days (blood clot prevention).
 - Tylenol/acetaminophen – according to bottle instructions; alternate with
 - Ibuprofen (Advil, Motrin) or other NSAID/Naprosyn – according to bottle instructions
 - Keflex for 3 days (antibiotic)
- **Nerve Block:** You received a nerve block for your surgical procedure today. Your surgical limb may feel numb with loss of muscle control for up to 18-24 hours after surgery. We recommend taking a dose of pain medication prior to bed tonight, to cover any pain that may occur if your nerve block begins to wear off while you are sleeping.

Follow up/Call if:

- The findings of your surgery will be explained to you and your family immediately after surgery. However, in the post-operative period, during recovery from anesthesia you may not fully remember or fully understand what was said. Please contact my office with any further questions prior to your follow up appointment.
- Please contact Dr. Ball's office if you experience the following:
 - Excessive bleeding (bleeding through your dressing)
 - Fever greater than 101 degrees F
 - Persistent nausea or vomiting
 - Decreased sensation or discoloration of the operative limb
 - Pain or swelling that is getting worse and not better with medication
- Locations and Contact:
 - 1349 S. Rochester Road, Suite 205, Rochester Hills, MI 48307
 - (248)-239-5300
- More Information about your surgery available at my website
 - www.drguyball.com

HEEL SLIDES - to regain the bend (flexion) of the knee. While lying on your back (figure), actively slide your heel backward to bend the knee. Keep bending the knee until you feel a stretch in the front of the knee. Hold this bent position for five seconds and then slowly relieve the stretch and straighten the knee. While the knee is straight, you may repeat the quadriceps setting exercise. Continue this exercise until you can fully bend your knee equal to the unoperated side. Also, as you start to gain flexion, you can assist your efforts to gain flexion by assisting the heel slide with a towel. See illustration. Repeat 20 times, three times a day

