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**POST-OPERATIVE INSTRUCTIONS FOR PATIENTS HAVING
ANTERIOR CRUCIATE LIGAMENT RECONSTRUCTION**

1. You have just undergone major knee ligamentous reconstruction surgery and our initial goal will be to control your discomfort and increase your range of motion as well as keep the swelling of your knee to a minimum.
2. You will be using is a Continuous Passive Motion machine (CPM) which is used to increase your range of motion progressively. Use the CPM three times a day (morning, afternoon, evenings) for a minimum of 2 hours per session. The initial settings will be from full extension (zero degrees) to 40 degrees of flexion. You should increase the amount of flexion by 10-20 degrees every day. Emphasize full extension of the knee when not using the CPM machine.
3. Exercise your ankles by moving the ankle and foot in circles as well as moving the hip from side to side. You will begin a post-operative knee rehabilitation program approximately one week post-operatively. You will be directed to schedule an appointment with the physical therapist by your physician when it is appropriate.
4. The knee brace that was placed at the time of surgery may be removed when you are resting and using the CPM. You should use the brace at all times when you are weight- bearing and out of bed or out of a resting position. The brace should fit in a very snug position with the hinges located at the knee joint when the brace is reapplied.
5. Initially post-operatively you can put up to _____ of your weight on the operated knee. Crutches are the most helpful to assist you with partial weight-bearing.
6. Keep the operated knee elevated for the first five to seven days after surgery while you are resting.
7. It is normal for your knee to develop swelling post-operatively. If you have been fitted with a Polar Care ice unit please use this device continuously for the first three to five days after surgery. This device circulates cold water around your knee for pain relief and control of post-operative swelling. The pad may be wrapped over the knee with an ace bandage and used in conjunction with the CPM machine. If you have not been given a Polar care ice unit, apply ice to your knee for 15-20 minutes 3-4 times each day for the first three to five days following surgery. Thereafter, you may apply ice to your knee if you feel that the knee is painful or swollen. Do not apply Polar Care or ice directly to your skin.
8. If a Pain Buster has been applied to your knee it will need to be removed in our office on _____. This device slowly releases pain medications directly into the knee to decrease post-operative pain. Please call our office to schedule an appointment. Our office phone number is 510.451.6266.
9. Please leave the bandages on your knee in place and dry until you are seen in the office and given permission by your physician to take a shower. When you are given permission to shower apply only soap and water to your knee. After showering please dry your incision sites well. Do not put any lotions or ointments directly over your incision sites. Reapply a 6 inch of ace wrap around your knee to help decrease the swelling in your knee.
10. You may resume eating after your surgery. Initially begin eating foods such as toast, crackers, and clear liquids. You may progress to your regular diet as tolerated
11. Please call the office for your first post-op visit. Our office phone number is 510.451.6266. Your physician would like to see you _____.
12. You have been provided with medications to take post operatively which will help control the inflammation and discomfort. Please take these medications as directed.
13. If you have any questions or concerns please call our office at 510.451.6266.