



**WORCESTER COUNTY**  
ORTHOPEDICS

**WHAT TO EXPECT AFTER  
ARTHROSCOPIC KNEE  
SURGERY- ACL  
RECONSTRUCTION**

- It is normal to have swelling and discomfort in the knee for several weeks after surgery.
- **Apply ice bags to control swelling.** Ice should be applied 30 minutes at a time, every hour or two. Put a thin towel or T-shirt next to your skin if using ice in a plastic bag. Icing is most important in the first 72 hours, although many people find that continuing it lessens their postoperative pain weeks after their surgery.
- You will be given a prescription for pain medication when you are discharged from the hospital. If you find you do not tolerate it well, call our office.
- **KEEP THE LEG ELEVATED.** This will prevent swelling and help decrease pain. The leg must be elevated higher than the level of your heart.
- **PUMP YOUR ANKLES UP AND DOWN.** This should be done several times an hour to keep the blood circulating in your leg and to help prevent blood clots from forming.
- We recommend that you take a baby aspirin (81 mg) daily for the 1st month following your surgery.
- Keep the post-op dressing clean and dry. Unless it becomes wet or too tight because of swelling, leave the bandages in place for at least two days. **REMOVE YOUR BANDAGES TWO DAYS AFTER SURGERY.** Cover the small incisions with Band-Aids to keep sutures from snagging. You may shower then, but keep the incisions dry by applying a watertight dressing for the first 7 days. **Do not wet your incisions directly** (bathing or swimming) until after your first post operative visit.
- We would like to see you back in the office approximately 10-14 days after surgery. If you don't have your first post-op visit scheduled, please call our office to make one. We will remove your sutures at this time.
- **Start your CPM right away.** You should start 0-40 degrees the day of surgery and advance 5-10 degrees a day with the goal of having AT LEAST 0-90 degrees of motion by 1 week.
- You will be given crutches and a hinged knee brace. Wear the brace at all times except while in the CPM. You may put as much weight as is comfortable on your leg using the crutches and the knee brace in the locked position. If you had a meniscal repair you may only put your foot on the floor to balance, but you may not put any additional weight on the operative leg. If you had a meniscal repair do not advance your CPM past 90 degrees.
- If you experience continuous incisional drainage, redness, swelling, or fever please call our office. If you have any additional questions or concerns call our office.
- You may eat a regular diet, if not nauseated. Avoid alcoholic/caffeinated fluids and smoking.
- Plan to take a few weeks off from work.

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