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Orthopedic Surgeon Specializing in Arthroscopy and Sports Medicine

Post-Operative ACL Instructions

Affiliations

Oakland Raiders
Director of
Orthopedic Surgery

San Francisco Giants
Orthopedic Surgical
Consultant

San Jose Sharks
Asst. Director of
Orthopedic Surgery

US Soccer
National Teams Programs

US Rugby
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Orthopedic Surgery

- Sutures-** Dissolvable sutures are located under the band aids. Do not submerge leg in a bath tub, pool, or hot tub for 2 weeks. Band aids may be removed in 2 weeks and no need to apply new band aids.
- Showering-** You may shower if you are able to stand, unless instructed otherwise. It is ok to wash above and below knee with soap and water, but do not scrub knee.
- Crutches-** You may start to put weight down through your surgical. May progress to one crutch and then off crutches as pain dictates.
- Brace-** The brace must be on and **locked at zero** degrees whenever you are standing or walking for the first **2 weeks after surgery**. You do not need to wear the brace while sleeping and you can unlock each of the hinges to allow your knee to bend whenever you are sitting.
- CPM Machine-** Start the machine at -5 degrees of extension and 40 degrees of flexion. Each day try to increase flexion by 5 or 10 degrees until you reach 110 degrees and can maintain that motion on your own. Most patients take about 7-10 days to reach 110 degrees. Use machine 2-3 hours a day. Broken into 20-30 minute increments.
- Cryo-** The ice machine is most helpful the first 3 days after surgery. After the first 3 days, if the ice feels good, or helps with pain, continue to use. It is very important to always have an ace bandage between your skin and the ice to prevent freezing / blistering. Perform frequent skin checks and use ice on and off for 20 minute intervals during the day.
- Medications-** Take pain medications as directed. If the narcotic medication is not enough to control your pain you may try to also take Ibuprofen / Advil or Naproxen Sodium/ Aleve. Do not take these medications if they cause stomach irritation or you have been told not to take NSAIDS by another provider. You can take up to 800mg of Ibuprofen every 8 hours and can take up to 550 mg of Naproxen Sodium every 12 hours. If you are experiencing nausea you may want to try to get off all medications and take only NSAIDS and Tylenol, or go without medication.
- Physical Therapy-** Recommended start date for physical therapy depends on your exact surgical procedure, but most start physical therapy one week after surgery when you have come close to finishing the CPM machine.

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