

Postoperative instructions

Anterior cruciate ligament

Please follow your surgeon's instructions if they differ from the following statements

Your return home

Instructions to follow 24 hours after surgery:

1. Remove the splint (Zimmer™).
2. Remove the ice pack (Cryo-Cuff™).
3. Remove the beige elastic (Tensor™).
4. Remove the dressing and throw it out.
5. The little white strips (Steri-Strips™) over your incision should stay in place for at least ten days.
6. In order, put back the beige elastic, the ice pack and the splint.

Other instructions

- Keep your splint 24 hours a day for four to six weeks.
Remove only in the shower.
- Use your ice pack 24 hours a day for two to three weeks. This will help with swelling and pain.



- Change the water in your ice pack if necessary.
- After the second day, wear your beige elastic during the day only.
- You may shower after 24 hours, but do not put any weight on your operated leg.
- No baths or pools are permitted for one week

Diet

- You may resume your normal diet when you get home.
- Increase your liquid and fibre intake to prevent constipation

Physical activities

- Weight bearing is permitted on your leg with the help of your crutches.
You may put all of your weight on your leg seven days after surgery with your splint in place.
- Keep your leg elevated as much as possible.
- No driving for 24 hours after your surgery or longer if you are taking any pain medication.
If your surgery was on your right knee, no driving until your splint is removed by your surgeon.
- No physical activities for six months.

Pain control and constipation prevention

- Take your prescribed medications regularly or take Tylenol™ and Advil™.
- Drink prune juice and/or take Metamucil™. If this is not effective, take one tablespoon of Milk of Magnesia daily or PEG 3350 (polyethylene glycol) such as Restoralax, Lax-a-day or Clearlax until you start having regular bowel movements.

Call your doctor or visit your nearest Emergency Department if you have:

- redness or swelling
- hardening of the incision
- discharge (other than blood)
- fever and chills
- increase in pain
- pain and heat in your calf
- numbness and tingling of the affected limb; and/or
- sudden shortness of breath

Note: It is common for women's menstrual cycle to be irregular in the weeks following general anaesthesia.

Questions after your surgery?
Please contact the Orthopedic Clinic
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