

## Postoperative instructions

### Anterior cruciate ligament

#### Your return home

##### Removing the dressing

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 a total of 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.

#### 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

- Take your prescribed medications regularly or take Tylenol™ and Advil™.

#### To prevent constipation

- Drink prune juice and/or take Metamucil™.  
If this is not effective, take one tablespoon of Milk of Magnesia daily 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.**

#### Next appointment:

Date:

Time:

Physician:

