Dr. Pathik Shah
Sports, Revision Sports and Regenerative Sports Orthopaedic Surgeon
DNB Ortho (Mumbai), MNAMS (New Delhi), MBBS
AOSSM Sports Surgery Fellowship(California, USA),
Fellowship in Joint and Trauma (Mumbai)
Diploma in Football medicine (FIFA)

Place label here

NAME OF PATIENT: _____

MRN: _____

POST-OPERATIVE INSTRUCTIONS – ACL RECONSTRUCTION

BRACE / AMBULATION

- ☐ Your leg will be placed in the Long knee brace post-operatively. You will need to wear this brace at all times. It should be locked in full extension (0 degrees) until your first postoperative visit with Dr. Pathik Shah
- ☐ You will only be ambulating with 0% weight unless otherwise instructed. You must use your walker.
- ☐ While in the recovery room, you will be taught regarding how to put on and take off your brace, ambulating, climbing stairs, and other activities of daily life. Listen to them carefully.

WOUND CARE

- ☐ Dr. Pathik Shah will change your dressing on day 2 before discharge.
- ☐ KEEP THE DRESSING CLEAN AND DRY.
- ☐ There may be a small amount of bleeding and/or fluid leaking at the surgical site. This is normal. The knee is filled with fluid during surgery, sometimes causing leakage for 24-36 hours. You may change or reinforce the bandage as needed.
- ☐ Use Ice as often as possible for the first 14 days, then as needed for pain relief. Place a dry towel between your skin/wound and the ICE to avoid direct contact. We recommend using it for 20 minutes every hour as much as possible.
- ☐ There will actually be more swelling on days 1-3 than you had the day of surgery. This is normal. The swelling is decreased by using Ice. The swelling will make it more difficult to bend your knee, but once the swelling goes down, it will become easier to bend your knee.
- ☐ You may shower on Post-Op Day #3 using a water-tight plastic bag over your knee. **DO NOT GET THE DRESSING WET**. You may gently wash around the incision with a washcloth, but then gently pat the area dry. Do not soak the knee in water. Do not go swimming in the pool or ocean until approved by Dr. Pathik Shah.

FOLLOW-UP

- ☐ Please call the office to schedule a follow-up appointment for your suture removal, 14 days post-operatively.
- ☐ Dr. Pathik Shah encourages all patients to begin physiotherapy within 2-3 days after surgery. The specific physiotherapy prescription and protocol will be given to you after surgery You will be attending Physiotherapy approximately 2 times per week for 6 - 12 months post-operatively based upon your progress. Please call to confirm these details.
- ☐ At your post-operative visit, Dr. Pathik Shah will go over your surgery, show you arthroscopic photographs from your surgery, and outline your rehabilitation.

POST-OP

- ☐ Your post-operative medications will be given to you at the time of discharge
- ☐ If you have any adverse effects with the medications, please call our office.
- ☐ If you develop a fever (101.5), redness or drainage from the surgical incision site, please call our office to arrange for an evaluation.

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EXERCISES

- □ The Physiotherapist will instruct you on the Home Exercise Program. Please do these exercises 2-3 times daily.
- □ The knee brace should be worn at all times for:
  - Walking
  - Sleeping
  - Straight Leg Raises
- □ Follow the instructions that Dr. Pathik Shah and the nurse gives to you:
  - Towel roll under heel to maintain full leg extension
  - Isometric Quadriceps strengthening
  - Straight Leg Raises (in brace)
- □ DO NOT TRY TO ACTIVELY STRAIGHTEN YOUR OPERATED LEG.

DRIVING

- □ 4 wheelers driving will not be allowed until 2 months. It is important to regain adequate quadriceps control before operating a motor vehicle.
- □ 2 wheelers driving will not be allowed until 3 months.
- □ If your Left Knee is the operative side and you drive an Automatic Transmission vehicle, you may drive 3 weeks after surgery if you feel confident. It is important that you feel very confident in your ability to respond efficiently before attempting to drive.

IF YOU HAVE ANY QUESTIONS, PLEASE FEEL FREE TO CALL DR. PATHIK SHAH OFFICE