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## Posterior Cruciate Ligament Reconstruction Post Operative Instructions

### ● Wound Care:

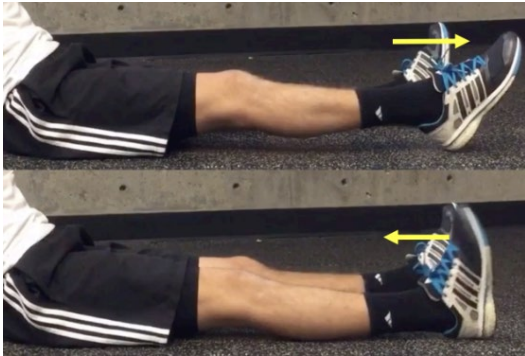
- After surgery, the wound is covered with gauze and cotton padding. It is normal for the joint to bleed and swell after surgery. If blood soaks into the ACE bandage, please reinforce with additional gauze dressing. Loosen bandages if swelling or progressive numbness occurs in the extremity.
- Remove surgical dressings 3 days after surgery.
- Please *LEAVE STERI-STRIPS IN PLACE OVER INCISIONS* until first appointment. There may be some incisions that do not have steri-strips over them.
- **Showering:** Once bandages are removed, you may shower with water-proof band-aids over incision and steri-strips. Please take caution as to not pull off steri-strips when removing band-aids.

### ● Medications:

- **Pain Control:** Local pain medication is injected into the knee during surgery – this will wear off within 4-6 hours. Most patients will require some narcotic pain medication (i.e. hydrocodone, or other codeine-derivative) for a few days after surgery – please take as instructed. It is important not to drink alcohol or drive while taking narcotic medication. If your pain is minimal, you may discontinue the use of narcotics.
- **Blood Clot Prevention:** Unless otherwise instructed, take **one aspirin 81 mg twice daily** for 4 weeks following surgery. This may lower the risk of a blood clot developing after surgery. Should severe calf pain occur or significant swelling of calf and ankle, please call the office.
- **Other Medications:**
  - **Anti-Inflammatory:** Multiple over the counter options → only use 1 of these options, and stop immediately if experiencing side effects (indigestion, heartburn, bloody stool)
    - Ibuprofen 600-800 mg (i.e. Advil, Motrin): Take every 8 hours as needed
    - Naproxen 220-440mg (i.e. Aleve): Take every 12 hours as needed with food
    - Meloxicam 15mg (i.e. Mobic): Take once daily as needed with food
  - **Anti-Nausea:** Zofran (Ondansetron): Take every 8 hours as needed for nausea
  - **Muscle relaxant:** Flexeril (Cyclobenzaprine): Take every 8 hours as needed for muscle spasms
- **Constipation:** The use of narcotics can lead to constipation. Adequate hydration, over-the-counter stool softeners, and mobility can minimize constipation problems.
- **Normal medications:** Resume the day after surgery unless otherwise instructed.



Post-Operative Knee Exercises



**Calf-Pumps:** Point toes and foot away, flexing calf muscle. Then raise toes towards you. Relax foot. 10-15 reps, 3 sets



**Heel Side:** Slide heel towards your gluteus. If tolerated, pull the leg inward to emphasize flexion. Repeat 3 sets of 10-15 reps



**Straight Leg Raise:** Keeping leg straight, lift it 8 -10 inches off the floor, hold and repeat. Perform 3 sets of 10-15 rep.



**Leg Hang:** Sit on an elevated surface. Use non-operative foot to support the operative leg. Allow the leg to bend with gravity to tolerance. Limit 0-90 degrees. Hold for 3-5 seconds. Perform 3 sets of 10-15 reps