

## Post-Op Instructions Anterior Cruciate Ligament



- **Ice Knee 20 minutes every 1 hour while awake for first 48 hours after surgery.**
- **Elevate Knee above heart for first 48 hours.**
- **It is OK to shower at 4 days.**
- **Change Dressing if it becomes wet, or at 4 days after surgery.**
- **Monitor for temp. above 101.5 or redness around portal sites**
- **Weight bearing as tolerated with crutches with brace on (see picture).**
- **Place Towel under heel for Extension exercises 3X/day.**
- **Leg Lift and quad set exercises 3X/day Refer to PT instructions.**
- **Diet; Start with clear liquids and advance to solids as tolerated.**
- **Keep Immobilizer on at all times except for bathing & exercises**

**Clinic Phone Numbers;**  
**Fremont 248-3039**  
**Hayward 675-3070**

**[Orthopedics]**

**[Hayward-Fremont GSAA]**

KAISER PERMANENTE

# HEALTH MATTERS

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## Additional resources

### Web sites

Kaiser Permanente  
**kaiserpermanente.org**

WomenHeart: the National Coalition  
for Women with Heart Disease  
**womenheart.org**

American Heart Association  
**women.americanheart.org**

National Heart, Lung, and Blood  
Institute (NHLBI)  
**nhlbi.nih.gov**

### Books

*Kaiser Permanente Menopause  
Guide Book*

*Kaiser Permanente  
Healthwise® Handbook*

*The American Heart Association  
Cookbook—25th Anniversary Edition*

*The 90-Day Fitness Walking Program*  
Mark Fenton, Seth Bauer

*The No-Nag, No-Guilt, No Hassle  
Guide to Quitting Smoking*  
Tom Ferguson, MD