

ACL Reconstruction – Dr. McCormick

What to Expect After ACL reconstruction

Activity Restrictions

you may walk on your operative leg immediately after surgery

return to activity as your knee allows

You may drive when you are able to walk reasonably well. You must be able to respond to unexpected situations and react quickly so try it out in an empty parking lot if unsure

Surgical site care

keep your initial dressing dry

it is normal to notice some drainage/discoloration of the dressing

remove dressing after 3 days and apply supplied island dressings, do not remove tapes

you may shower with the island dressings on but do not scrub the area

Pain management RICE

Rest your knee is recovering from surgery and this takes time; too much activity too early can increase swelling and slow recovery

Ice 30 minutes per hour – remember to keep something between the cold pack/ice and your skin to avoid frostbite

Compression the ACE bandage is designed to provide some compression to reduce swelling re-wrap if it feels too tight or too loose

Elevation elevate your knee to the level of your heart to allow swelling fluid to drain
Take pain medications as prescribed. If you have a reaction to the medications then call the office at 304.343.4691

Follow-up clinic visit

usually at 2 weeks after surgery

we will check your surgical site and answer any questions you may have

When to call the office:

reactions to medications

dressing discoloration spot greater than 4"

calf swelling/pain or new onset shortness of breath

suspected surgical site infection (redness, increasing pain, cloudy drainage, foul odor)

Recovery Objectives

0-2 weeks	control swelling and progress to walking without crutches
2-6 weeks	regain full range of motion
6-12 weeks	strengthening with Physical Therapy
3mo -6mo	sport specific training with Physical Therapy, athletic trainers build endurance, proprioception, balance
>6mo	return to sport

www.mccormickortho.com for more information more educational videos and postoperative protocols