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Multiligamentous Knee Reconstruction Instructions

Dane Todd, MD

1. **Elevate and Ice** the knee for 72 hours after surgery. The knee should be at or above the level of your heart. Do not place any pillows behind the knee. Pillows should be behind the foot.
2. **Pain Control** – You will be sent home with a prescription for pain medication. Take it according to the instructions on the prescription. Pain can cause constipation, so be sure to drink plenty of fluids and use an over the counter stool softener (i.e. Miralax) to help prevent this. You may take Tylenol (acetaminophen) instead of the prescribed medication. However, make sure you do not take more than 3,000 milligrams (3 grams) of Tylenol (acetaminophen) in any 24 hour period. Wean off the pain medications as soon as possible after surgery.
3. **Dressings** – Keep your dressings on until your follow up appointment.
4. **Showering** – Your brace must stay on and your dressings in place until your follow up appointment. You should sponge bath during this time, no showering or baths.
5. **Weight Bearing** – Touch Toe Weight Bearing for 6 weeks.
6. **Range of Motion** – Keep locked in extension at all times
7. **Brace** – Wear at all times locked in full extension until your follow up appointment. **Do not remove the brace.** After your follow up appointment (2 weeks post-op) we will begin working on range of motion, but the brace must be worn for a total of 12 weeks post-operatively.
8. **Physical Therapy** – Begin Physical therapy 2 weeks after surgery. Take the Physical Therapy prescription you were given to a therapist near your home to begin therapy.
9. **Driving** – If your surgery was on your LEFT knee you may drive once you are completely off all pain medications and feel comfortable doing so. If your surgery was on your RIGHT knee you cannot return to driving until 6 weeks after surgery and you are off all pain medications.