



ORTHOPEDIC ASSOCIATES OF CENTRAL CONNECTICUT, P.C.

STEVEN E. SELDEN, M.D.

ARTHROSCOPIC SURGERY
KNEE AND SHOULDER SURGERY
SPORTS MEDICINE
GENERAL ORTHOPEDICS

AFTER ARTHROSCOPIC ACL RECONSTRUCTION

1. Limit your activities for several days. Use of crutches is usually necessary for approximately ten days. Elevate your leg on one or two pillows whenever possible.
2. Keep dressings in place and dry. Apply ice for 30 minutes every two hours while awake for the first 48-72 hours.
3. You may shower after your first post-operative visit later this week.
4. Take your medication as prescribed-pain medication and antibiotic.
5. Arrange for a follow-up visit (if not already done) for in 2-3 days to have your dressings changed.
6. Expect some discomfort and swelling for 7-10 days.
7. One aspirin tablet daily for 10 days is advised.

CALL IF THERE ARE ANY PROBLEMS OR QUESTIONS

(860) 243-1414