

Common Questions Regarding Swelling After ACL Surgery

My knee is swollen after surgery. Is that normal and will it affect my recovery?

Yes, swelling in your knee after ACL reconstruction is expected as a normal stage of healing. However, don't let it linger

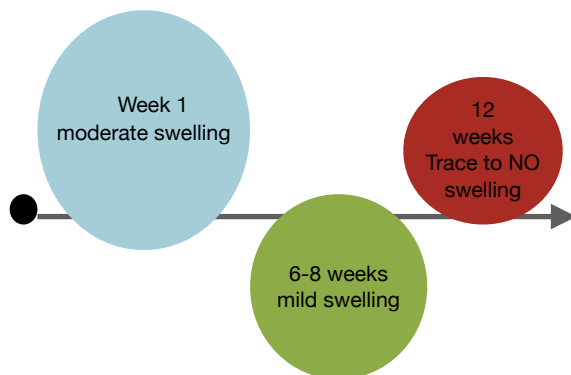


because prolonged inflammation can result in a more complicated recovery including changes in your walking pattern,

difficulty bending and straightening your knee, and returning to playing the sport you love.

How quickly should I expect the swelling to go away?

You may notice an increase in swelling during the first week but the average patient has gradual improvement from there.



How will I know if the swelling is improving?

Your physical therapist or orthopedic surgeon will usually measure your knee swelling using either a tape measure or performing a bulge test where they check for extra fluid around your joint.



What should I do to decrease swelling in my knee?

- 1. Rest** when not performing exercises and decrease activity if swelling and/or pain increases.
- 2. Apply ice or a cold pack** to your knee in 20-minute intervals throughout the day.
- 3. Use a compressive knee sleeve** or ACE wrap intermittently throughout the day.