



### **ACL Reconstruction: Post-Operative Instructions**

- 1) **Review** the operative findings, procedures and photos.
- 2) Make sure **medications** are effective and not causing problems.
  - a) **Toradol (ketorolac)** for pain and inflammation. You may take one tablet every 8 hours. This medication should be taken **ONLY** for the first two days. If you have had any problems, allergies or stomach intolerance stop taking these medicines and please tell us!
  - b) **Keflex (cephalexin)** this is an antibiotic to be taken as a prophylactic or preventative medicine once every 8 hours for 3 days. If you have a penicillin allergy this will be replaced by other options.
  - c) **Mupirocin Ointment**—continue to apply twice per day with Q-tip to nasal cavities (rim of nose/nostril) x 2 more days.
  - d) **Ultracet (tramadol/acetaminophen)** this is a pain medication that contains acetaminophen or Tylenol. You should not combine Ultracet with Tylenol to prevent overdosing of acetaminophen. It is okay to combine this medication with anti-inflammatory medications (NSAIDs) such as Advil or Aleve.
    - i) Directions for use: We recommend 1-2 tablets to be taken every 4-6 hours as needed for moderate-severe pain. You should not take more than 8 pills per day. **NOTE:** You may switch to extra strength Tylenol at any time if your pain is under reasonable control.
- 3) **Wound Care:**
  - a) Today we will change your dressings and remove the drain. We will re-dress the incisions with gauze and an ACE bandage for the first week. If you continue to bleed you will need to change the gauze from this dressing, otherwise leave the dressings on without changing.
  - b) The white stocking will stay on for 1 week.
  - c) **Please keep the incisions as dry as possible.** To shower you will need to cover the gauze and ACE wrap with a plastic bag so that the incisions do not get wet. We will waterproof the incision site once the sutures have been removed.
- 4) **Exercises and Physical Therapy**
  - a) Continue the basic exercises 4x/day
  - b) Do not do the Pedlar for 48 hours to let the wound seals. Then restart 4x/day for 10 minutes for the first week until your sutures are removed.
  - c) Once your sutures are removed, you will transition to the stationary bike. Start at 10 minutes per day with no resistance and slowly increase the time (by 1-2 minutes). Once you have reached 30 minutes, add resistance every few days.
  - d) Ultimate goal is to ride continuously for 1 hour per day, 5 days per week with moderate resistance.



e) Schedule physical therapy. We will give you the referral after your stitches are removed.

**5) Crutches**

a) Make sure that you use your crutches for 14 days or more.

**6) Follow up appointments**

a) Schedule follow up visit approximately 7-10 days after your surgery for Suture removal.

b) The next appointment will be at 6 weeks post-surgery.

c) An MRI scan will be obtained prior to your 3 months post-op to check for healing.

**7) Notes etc:**

a) Make sure you have all necessary notes and documentation for school or work.

**8) Issues: Please call us at (310) 310-2729.**