

**UNIVERSITY  
ORTHOPAEDICS**

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**POST-OPERATIVE INSTRUCTIONS**

**ACL RECONSTRUCTION**

- ❖ **PLEASE READ THE INSTRUCTIONS CAREFULLY.**
- ❖ **IF THE HOSPITAL GIVES YOU INSTRUCTIONS THAT DIFFER IN ANYWAY TO DR SELDES', PLEASE CONTACT THE OFFICE IMMEDIATELY. IF IN DOUBT PLEASE FOLLOW THE INSTRUCTIONS BELOW.**
- ❖ If the doctor has given you a prescription for a brace please make sure to bring the brace with you to the hospital on the day of your surgery. Otherwise you will be given the prescription at your post-op appointment.
- ❖ After the surgery you will be given your prescriptions for pain and inflammation, please take them with food. **The pain medication is a controlled substance and Dr. Seldes will only allow ONE REFILL. There will be no deviation from this protocol so please do not contact the office for further refills.**
- ❖ It is important to remember that you have just had surgery and will need a minimum of 48-72 hour's to recover. It takes this amount of time for the swelling to peak, **SWELLING AND SORENESS IS NORMAL.**
- ❖ **To decrease the swelling**
  1. Take the prescribed anti-inflammatory in the morning with your breakfast
  2. Apply an ice pack and keep the leg cool as much as possible for the first 48 hours.  
On the third day you can cool the leg for 20 minutes 2-3 times a day.
- ❖ You may take a shower, but you must make sure that the dressing stays dry, place a plastic bag over the leg and **DO NOT REMOVE THE DRESSING UNTIL YOU RETURN TO THE OFFICE FOR YOUR POST-OPERATIVE APPOINTMENT.**
- ❖ You will be given crutches to ambulate after surgery. Please use them as directed. You May \_\_\_\_\_ May not \_\_\_\_\_ weight bear.
- ❖ It is normal to see drainage on your dressing, this is caused by the irrigation of the fluids during your operation. However if there is excessive bleeding (bright red) apply some pressure elevate the leg and call the office.
- ❖ You will be given a prescription for Physical Therapy at your post-op visit. If the doctor indicates the need for early therapy the office will call you with this information.