



POSTOPERATIVE INSRUCTIONS: ACL RECONSTRUCTION

Matthew Yousif, DO

ACTIVITY:

- Use crutches with touch down weight bearing for balance only until you are seen in physical therapy. They will help guide you in progressing your weight bearing status.
- You should make an appointment for physical therapy within 3-5 days after your surgery.
- ***Wiggle** your toes of affected limb, squeeze/fire your quadriceps muscle, and pump your foot/ankle up and down whenever you think about it. The more often, the better (pain guided).

DIET:

- Start with liquids and advance your diet as tolerated.

MEDICATIONS:

- Keflex – antibiotic (3 days)
- Toradol – anti-inflammatory (5 days), can alternate over-the-counter Motrin/Advil once completed.
- Prescription given to patient: {Norco/Percocet/Tylenol #3}- pain pill. No Tylenol while taking pain medication.
- If you are taking prescribed pain medication, you should not drive, operate machinery/power tools, or drink any alcoholic beverages.
- Be aware that all pain medications **may cause nausea/ stomach upset and constipation.**
- Try to take your pain medications with food to avoid aggravating your stomach. Use over the counter stool softeners as needed.

DRESSINGS:

- Ice your knee as often as possible while you are in your initial post operative dressing. Once the dressing is removed by YOU at 72 ho, ice 20 minutes on and off.
- Ice for as long as you have pain +/- swelling. Use thin cloth between skin and ice.
- Good to ice after doing your physical therapy exercises.
- Keep your dressing clean and dry. Physical Therapy will remove your dressing and give bathing and showering instructions.
- Keep ace wrap on for compression to help with your knee swelling.

SPECIAL INSTRUCTIONS:

- You may drive AFTER you are off of the crutches if your RIGHT knee was the operative knee. You may drive when you are off pain meds and feel comfortable if your LEFT knee was the operative knee.
- You may shower when your incision is healed. This can be anywhere from 3-7 days after surgery.

YOU SHOULD CALL YOUR DOCTOR FOR ANY OF THE FOLLOWING:

- Fever of 101 degree or higher.
- Redness, warmth in the leg, knee or calf

- Foul smelling drainage from incision.
- Pain that does not lessen with pain medication as prescribed by your doctor.
- Persistent nausea or vomiting into the next day
- Bleeding or continuous oozing that saturates the bandage that does not stop after applying pressure to the wound for 10 minutes.
- Pale, blue or cold toe nail beds (compared to opposite leg).
- If you have not urinated within 6 hrs. after discharge.

Due to the lasting effects of anesthesia we recommend you do not make any important decisions for 24 hrs.

FOLLOW UP CARE:

- Follow up with Dr. Yousif at 2 weeks postop
- **At your post-op follow up appointment we will discuss your surgical findings.**
- If you need to change this appointment, please call your office location:

1500 W Big Beaver, Troy MI 48084. Ste 115.

Office Number: (248)329-0711