

**ACL**  
**POST-OPERATIVE INSTRUCTIONS**  
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**(714) 634-4567**

**1. First Post – Operative Day**

- A. Continue ice pack every one to two hours while awake.**
- B. Pain medication as needed.**

***DO NOT place ICE directly to the skin – this will result in a burn and potentially serious wound complications. Always keep a pad and the ace wrap between the ice and the skin***

**2. Second Post – Operative Day Until Return Visit**

- A. Continue ice pack as needed.**
- B. You may remove your bandage from the surgical area and shower this evening. You will need to keep your op site(s) dry by covering wound with water-proof bandages (these can be purchased at your local pharmacy) when taking a shower. Do this for about fourteen days from surgery or until op site(s) is completely scabbed over and sutures are removed. Do not remove steri strips because these keep the incision closed and stitches in place.**
- C. Begin using the CPM machine. Make sure PT appt is set up – if questions please call the office. Try to use the CPM 6 – 10 hours a day – you may come out of your brace to be in the CPM.**
- D. You may weight bear as tolerated on your operated leg in your brace. You will walk with crutches and the brace locked in extension for 1 to 3 weeks depending on your healing. Use your crutches for balance. You will discontinue the brace once you have full ROM, good quadriceps control.**

**3. Suture Removal**

- A. Your sutures need to be removed 10 - 14 days from surgery at your first post op visit.**

**For Return Appointments**

- 4. Your 1<sup>st</sup> post-op visit will need to be scheduled for 7-10 days after surgery.**
- 5. Your 1<sup>st</sup> Physical Therapy appointment should be 7-14 days after surgery.**
- 6. If you have any problems or questions please call our office at (714) 634-4567. If you have a problem after hours the answering service will contact Dr. Shepard.**
- 7. Any activity that requires precise thinking and accuracy must be avoided for the first twelve hours after surgery and while taking pain medication, which includes operating machinery and/or driving a vehicle.**