

# Central Texas

## Sports Medicine & Orthopaedics, P.A.

### ACL Post Operative Instructions

#### Activities:

- Crutches—Use your crutches as needed. Most patients need them for 2-3 days.
- You may bear weight as tolerated with brace on and locked at 0 degrees.
- No driving for 24 hours or while taking pain medication

#### Brace:

- Keep the brace on for all activities
- Keep the brace locked at the 0 degree setting when you are asleep or when walking
- You may unlock the brace for sitting or while in your CPM machine

#### CPM Machine:

- Use the CPM at least 4-6 hours per day. This does not have to be done all at once
- Increase the amount of flexion 10-15 degrees daily. Try to achieve 100-110 degrees of flexion in one week
- You will discontinue the CPM in one week

#### Cold Therapy—Motorized Cooling Unit:

- The cooling unit will help reduce the pain and swelling
- Use the cooling unit 3 times per day for 45 minutes. You may use it more often if you choose

#### Wound Care:

- You will leave the hospital with an ace wrap dressing on your knee. If swelling or discoloration of the foot and ankle occur, the bandage may be too tight. Remove the ace wrap and re-wrap lightly.
- You may shower by removing your brace, then cover ace wrap with saran wrap. After shower, if ace wrap is wet, remove and apply clean gauze and ace wrap. Keep wound clean and dry. Avoid touching incision area. The staples will be removed on your one-week office visit.

#### Pain Medication:

- **Lortab (hydrocodone)** You may take one tablet every 6 hours **as needed** for pain.
- **Toradol (Ketorolac)** (anti-inflammatory medication)—**start the day after surgery and take one with breakfast, lunch, and dinner for 5 days.** While taking the Toradol, DO NOT take Advil or Aleve.
- After the 5 days of Toradol (Ketorolac) take Advil (Ibuprofen) as needed for inflammation and pain.
- **Phenergan tablets** (Nausea medication)—if you have a problem with nausea and vomiting, please take one tablet every 6 hours **AS NEEDED**
- We recommend taking these medications with food.

#### Warning Signs:

- Call the office if you experience any of the following:
  - Persistent of increased pain
  - Significant swelling in your knee
  - Increasing pain in your calf muscle
  - Fever greater than 101 degrees

#### Follow-up Appointment

- Call the office if you have not scheduled your **one week** follow-up appointment
- If you have any questions or concerns, call **(979) 776-0169**