

Post-Operative Instructions:  
ACL Reconstruction/Patellar Reconstruction

1. The following medications are recommended:
    - a. Percocet- Take 1 pill every 4-6 hrs as needed for pain
    - b. Zofran- Take 1 pill every 6 hrs as needed for nausea
    - c. Mobic- Take 1 pill twice a day with food for inflammation
    - d. ASA 81- take 1 pill twice a day for blood clot prevention
  2. Loosen brace straps and apply ice to the knee directly over the bandage. Ice at least 20min 5 times a day for the first 48 hrs.
  3. Elevate the operated leg as much as possible during the first 48hrs and then as necessary. When elevating, place pillow under heel not behind knee.
  4. Brace should remain on and locked in full extension, including sleep, at all times until you return to the office.
  5. The dressing will frequently have a pinkish discharge around the knee. This is normal.
  6. Weight bearing:
    - a. Weight bear as tolerated on the leg. Crutches are provided for comfort. Most patients take 7-10 days to get comfortable with weight bearing.
    - b. Do not bear weight on leg. Use crutches at all times.
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1. You may shower after 48hrs. Keep leg dry. Use a plastic dressing or bag and tape. Brace must remain on. Avoid immersion in bathtub or pool for 2 weeks.
  2. Start leg exercises on back of sheet, while wearing the brace, as soon as tolerated, usually within 24-48 hrs.
  3. Call Dr Tyndall or the office if you notice any redness, increased warmth, swelling, or discharge from incisions or if the post-operative discomfort increases and is not relieved by a combination of applying ice, elevation and taking pain medicine as directed.
  4. Dr. Tyndall call be reached at 814-574-1855. The office can be reached at 814-942-1166. If you are experiencing an emergency go to the ER or call 911.