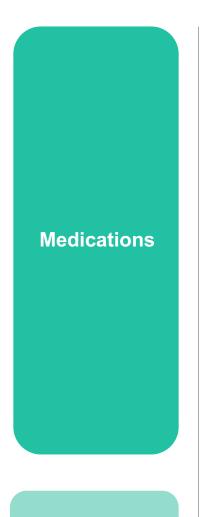


Jorge Chahla, MD, PhD

ACL Repair Post-Operative Instructions



- Aspirin: This medication is to help prevent blood clots after surgery. Take <u>as directed for 30 days following</u> <u>surgery</u>. You can begin taking the Aspirin the morning after your surgery.
- Hydrocodone/Acetaminophen (Norco): This is a narcotic medication for pain. This medication is to be taken AS NEEDED. Plan to stay on a scheduled dose of 1-2 tablets every 4-6 hrs for the first 1-2 days. After 2-3 days you should be able to space out or discontinue the medication and transition to Acetaminophen (Tylenol). DO NOT exceed 4,000 mg of Acetaminophen in a 24-hour period. Do not drive, drink alcohol, or take Acetaminophen (Tylenol) WHILE taking this medication.
- Zofran: Anti Nausea medication to be taken as needed.

All medications will be sent to your verified preferred pharmacy prior to your surgery. As discussed, we highly recommend picking up your medictions prior to surgery day to mitigate unnecessary stress for you on surgery day and allow for the opportunity to troubleshoot any issues with obtaining the medictions.

Please note: the medications above may vary slightly based off your current mediction list. These variations will be discussed during your pre-operative phone consultation with a PA.

Weight Bearing

- You are allowed to be **FULLY WEIGHT BEARING** as tolerated by pain immediately after surgery.
- Advance weight bearing status as tolerated by pain under the direction of your physical therapist.

Wound Care: Dressing

Wound Care: Showering

Brace

- Leave the bulky outer dressing directly over the incisions on until 48 hours after surgery. At that point, you can remove the bulky dressing and leave the steri-strips (white rectangular Band-aids) that have been placed directly over the incisions in place until your initial follow-up visit with Dr. Chahla's office. You do not need to cover the steri-strips unless you would prefer to. If you do choose to cover them, simply use a Band-aid to do so.
- Do not remove the Steri-Strips. Please leave these in place until your follow up visit with Dr. Chahla's office.
- It is normal to see some blood-tinged or clear drainage on the dressing from the incision. If you notice a thick, pus-like yellow discharge, please email the practice a photo of your incision at <u>chahlapractice@rushortho.com</u>
- **Do not apply lotions or ointments** of any kind (including Neosporin) to the incision site.
- Do not shower for 48 hours after surgery.
- After 48 hours from your surgery, you can cover the incisions with a waterproof bandage/covering and shower.
- After your sutures are removed at your initial post-operative visit with Dr. Chahla's team, you can shower without a waterproof bandage covering the incisions. When showering, simply let the soapy water run over the incisions. **Do not scrub the incisions**.
- Pat the incisions dry when finished showering. **Do not apply lotions or ointments** until after the sutures have been removed and the incisions are fully healed (typically around 4-6 weeks after your surgery).
- **DO NOT soak or submerge the incision** in a bath/pool until after the sutures have been removed and the incisions are fully healed (typically around 4-6 weeks after your surgery).
- You will use the brace until you have restored quadriceps activation and full extension of the knee.
- Use the brace locked straight (in extension) while:
 - Sleeping
 - Ambulating with the use of crutches/walker for assistance as needed.

If you have any issues or questions regarding the brace, please call our DME department directly at: 312.432.2482

