








Austin Stone MD PhD

Post Operative Instructions: Anterior Cruciate Ligament Reconstruction (ACL) with Complex/Meniscal Root Repair

	Weight bearing	Touch down weightbearing for 6 weeks (crutches needed) Use brace when not performing range of motion exercises. No Motion Restrictions May remove brace for range of motion exercises
	Dressing and Incisions	Keep incisions clean and dry until sutures are out May remove dressing on Day 2 after surgery (earlier if it gets wet) Incisions should be covered with waterproof dressing/bandage before showering. Do not get the incisions wet
	Medications	Pain medication is prescribed day of surgery Take Aspirin 81 mg daily for 6 weeks to prevent blood clots unless directed otherwise Ibuprofen 800 mg, three times daily recommended unless directed otherwise Over the counter stool softeners like docusate (Colace) are recommended after surgery Stay hydrated and drink water
	Contact	Dr. Stone's office at 859-218-3131 (during hours) or 859-323-5321 (after hours/weekends)
	Contact Dr. Stone's office at 859-218-3131 (during hours) or 859-323-5321 (after hours & weekends)	If you experience: <ul style="list-style-type: none">• Painful swelling or numbness (some swelling and numbness is normal)• Unrelenting pain or calf pain• Fever over 101.5° F (a low-grade fever <100° for the first day or two following surgery is normal)• Redness around incisions• Color change in foot or ankle• Continuous drainage or bleeding from incision (a small amount of drainage is expected)• Difficulty breathing• Excessive nausea/vomiting May also go to Emergency Department
	Follow-up Appointment	Return 5-7 days for post op appointment
	Physical Therapy	Being therapy within the week. Take your PT prescription and protocol with you as prescribed at surgery <i>Touch down weight bearing. NO motion restrictions. Bend the knee.</i> Protocol available at austinstonemd.com