

DUKE ORTHOPAEDICS OF RALEIGH

ACL Reconstruction

Appointment

Please call the office today to schedule an appointment for 2 weeks from the date of your surgery.

Medications

1. A prescription for pain medication will be given to you at the time of discharge. Refills will not be given over the phone on weekends or after office hours.
2. Take one baby aspirin a day with food for two weeks, unless you have an allergy to aspirin or have gastric ulcers or reflux. Immediately stop the aspirin if you have an upset stomach or if you have black or bloody stools and notify the office immediately.

Wound Care

1. Remove the large dressing two days after the operation and cover the wound with Band-Aids.
2. Bathing and showering are allowed after the wounds are dry around three to four days after the operation.
3. If any redness, increased swelling, pus-like drainage or increasing pain develops, please call the office.

Physical therapy

1. You can bear full weight on the leg with crutches. The crutches can be discontinued when you can do 10 straight leg raises, and if you feel comfortable without them.
2. PT should be started 1 or 2 days after surgery. A prescription will be given to you at the hospital. You should attend therapy two to three times per week at a therapy location convenient for you.
3. If you have any problems scheduling your therapy. Please call the office immediately.
4. You should remain in your brace until your doctor tells you to stop wearing.

Driving

If the left leg was operated on, you can resume driving once you are off of all pain medications. If you're right leg was operated on, no driving until you are seen in the office and evaluated by the physician.

Call the office with any problems or questions

Donald F. O'Malley Jr., MD
Duke Medicine Plaza, 3480 Wake Forest Road Suite 204 Raleigh, NC 27609
(919) 862 - 5093