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## PATIENT INSTRUCTION SHEET

### Knee ACL Reconstruction with Allograft

- Keep bandage and wounds clean and dry. You may bathe in a shower but keep water off of the knee and the bandage for the first 3 days.
- The bandage may be removed 3 days after surgery. You may bathe in a shower and use soap + water on the wounds. Remove dressings, allow water to shower wounds and blot dry. Cover wounds with gauze and bandaids when dry. **DO NOT** submerge wounds in bathtub, hot tub or swimming pool for 4 weeks. Do not submerge underwater.
- Bear weight as tolerated with crutches and knee brace (locked in extension). The brace only needs to be worn when out of bed and putting weight on leg. It may be removed for sleeping, bathing, PT and home exercises. You may discontinue the use of crutches when you can walk comfortably.
- Elevate operated leg as much as possible.
- Wear TED support stocking to minimize swelling on operated leg for 2-3 weeks.
- Apply ice bags or use ice machine as instructed for pain.
- Physical therapy should be started 2-3 days following surgery. Dr. McAllister will provide a prescription. Please contact one of the following to schedule an appointment:
  - Your own Physical Therapy
  - UCLA Physical Therapy (310) 794-1323
  - UCLA Student Health Physical Therapy (310) 794-4923
- Take prescribed pain medicine as needed for pain. You may switch to Tylenol a few days after surgery. **Do not take more than 3,000 mg of Tylenol per day.** DO NOT TAKE ANTI-INFLAMMATORY MEDICATION (Advil, Motrin, Ibuprofen, etc.) for 1 month post-operatively.
- Your follow-up appointment will be in approximately 1 week. **PLEASE CALL TO SCHEDULE THIS APPOINTMENT.**
  - UCLA 100 Medical Plaza, Suite 755, Westwood (310) 206-5250
  - UCLA Student Health (310) 825-4073
  - UCLA Athletic Training Room. Contact your athletic trainer to schedule

If you develop severe pain, temperature greater than 101.5°, inability to move extremity, severe bleeding, numbness, wound drainage or redness, call your doctor's office immediately. After hours or on weekends, call the UCLA Page Operator at (310) 825-6301 and ask for the Orthopaedic Resident on call or come to the Emergency Room.