

Paul D. Saadi, M.D.
Diplomate of American Board
Of Orthopaedic Surgery



Pavilion at Medical City Dallas
12222 N. Central Expwy • Ste. 130
Dallas, TX 75243

ORTHOPEDIC AND RECONSTRUCTIVE SURGERY

Phone (214) 324-2471
Fax (214) 324-1734

www.dallasboneandjoint.com

ACL Reconstruction Discharge Instructions

Activity:

- Minimize walking for the first 2-3 days
- Apply ice to the knee 20 minutes every 3-4 hours for 2 days
- Crutches are to be used as needed, may apply weight as tolerated
- Lift heel off the bed with knee extended 10 times, 3-4 times per day
- Knee bending as tolerated 10 times, 3-4 times per day

Pain Management:

- Use prescription pain medicine as directed initially (usually required for 3-4 days)
- Begin weaning off during the day first, later at night
- May supplement with Motrin/Advil or Tylenol as needed- Activity restriction and ice is also of great benefit

Diet:

- Liquids or light food may be taken initially
- Advance to normal as tolerated if nausea is not present

Wound Care:

- Leave the brace and underlying dressing in place until office visit

Follow-up Office Visit:

- Call the office the next business day at 214 324-2471
- Schedule an appointment for 5-7 days from surgery date

Call your doctor if:

- Fever develops to 101
- Uncontrolled nausea or vomiting
- Excessive bleeding or drainage (pus) (mild bleeding is normal)