

**ACL RECONSTRUCTION  
PATIENT INSTRUCTION SHEET**

Section of Sports Medicine  
UCLA Department of Orthopaedic Surgery

- Dressings may be removed \_\_\_\_\_ days after surgery. Keep wounds clean and dry. Cover wounds with light dressing or Band-Aids.
- Wear TED support stockings.
- Do not remove the dressings. Your doctor will remove the dressings.
- Bear weight as tolerated with crutches and knee brace (locked in extension).
- Do not bear weight on operated leg. Use crutches as instructed.
- Use CPM machine as instructed.
- Other: \_\_\_\_\_
- You may bathe in a shower \_\_\_\_\_ days after surgery. Cover leg with plastic bag to keep dressing dry. **DO NOT** submerge wounds in bathtub, hot tub or swimming pool for \_\_\_\_\_ weeks.
- Keep wounds clean and dry. Do not bathe until instructed by your doctor.
- Contact physical therapy for appointment
  - Your own Physical Therapy
  - UCLA Physical Therapy (310) 794-1323
  - Santa Monica Physical Therapy (310) 451-2292
  - 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.
- Apply ice bags as needed for pain.
- Use cold therapy device as instructed.

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Your follow-up appointment will be on: \_\_\_\_\_.

**PLEASE CALL TO SCHEDULE THIS APPOINTMENT.**

- UCLA Athletic Training Room
  - UCLA Student Health (310) 825-4073
  - UCLA 100 Medical Plaza Suite 755, Westwood
    - Dr. Sharon L. Hame (310) 206-4161
    - Dr. David R. McAllister (310) 206-5250
    - Dr. Gerald Finerman (310) 825-6019
    - Dr. Ali Motamedi (310) 319-3811
    - Dr. Seth Gamradt (310) 825-0902
- ❖ **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.**