

## **Post-Operative Instructions for ACL, PCL, and Open Rotator Cuff Repair**

### **First and Second Post-operative Day**

- A. Continue ice pack every 1-2 hours while awake or at least twenty minutes prior to and after exercise session.
- B. Pain medication as needed.

### **Third Post-Operative Day**

- A. Continue ice pack as needed.
- B. You may remove your bandage from the surgical area and shower this evening. Do not remove steri-strip. Apply gauze to these wounds and then a single Ace bandage if needed. Use tape instead of Ace bandage if you had shoulder surgery. You will need to keep your incision dry when taking a shower. Do this for about fourteen days from surgery or until wound is completely scabbed over and sutures are removed.

### **Suture Removal**

- A. For anterior cruciate ligament (ACL) surgery, posterior cruciate ligament (PCL), and open rotator cuff repairs, your sutures need to be removed 14 days from surgery.

### **For Return Appointments**

- A. Call our office @ 646-501-7223 option 4, option 2 to confirm your first postoperative visit, which is usually about 1-2 weeks after surgery. If you are experiencing any problems, please call our office or contact us via the internet at [www.newyorkortho.com](http://www.newyorkortho.com).
- B. Any activity that requires precise thinking and accuracy must be avoided for the first twelve hours after surgery, which includes operating machinery and/or driving a vehicle.