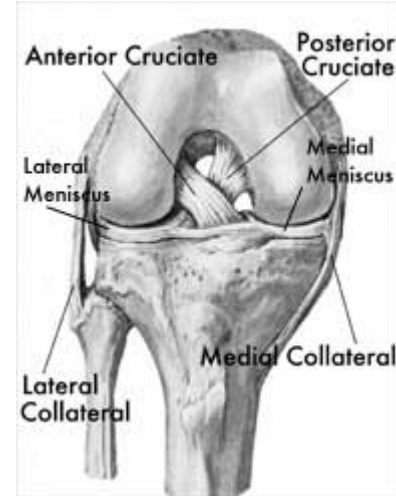


ACL DISCHARGE INSTRUCTIONS

General Information:

1. You cannot drive home after this surgery. Someone should drive you home and assist you into the house. Generally you should not drive until you have had your sutures/staples removed by our nursing staff.
2. Anesthetic agents can remain in the body for up to 36 hours after surgery. Therefore you should NOT drink alcohol or make important legal decisions during this timeframe.
3. Dr. O'Malley discussed your surgical findings with you in the recovery room. It is not unusual for you to have no or little recollection of that. He will discuss your surgical findings in detail and show you the intra-operative pictures at your follow-up appointment in 10-14 days.
4. If not already scheduled, you are responsible for making your post-operative follow-up appointment in 10-14 days by calling the office at (508)540-0200.



Activity:

1. Use the crutches to assist with weight bearing as needed. You may put as much weight on your leg as you can tolerate with the brace. You may gradually wean from 2 crutches to 1 crutch, held on the side opposite the injured knee. Generally patients need to use crutches for assistance for 14-24 days.
2. There is a special ice pack on your leg with 2 gel-pads inside. You should have received 2 additional gel-pads to place in the freezer. Place ice on your knee for 20 minutes every hour you are awake for the first 3 days. Thereafter you can use it as needed, but especially after an exercise session.

Dressing:

1. A clean and sterile dressing was placed on your wounds at the end of the operation. You may remove this bulky dressing on post-operative day #2. Place Band-Aids over the small wounds and sutures. Replace the Band-Aids daily. Keep your dressings clean and dry until follow-up.
2. There is a small catheter (Pain Buster) that was placed inside your knee post-operatively to deliver pain medications. Your assistant is to pull this out at 48 hours after your surgery. It will come out easily.
3. You may shower 48 hours after surgery. However, you must place a plastic bag over the brace while showering. A stool placed in the shower so you can sit is a great idea so you can stabilize your knee. Please keep wounds dry until follow-up.

Brace:

The brace given to you immediately after surgery must remain locked in extension (straight leg) while walking and sleeping. You may take the brace off when doing exercises and/or the CPM machine. Brace hinges must be at the level of the knee. You may loosen or tighten the brace straps as necessary. It is best to keep the top straps tight in order to prevent the brace from moving up and down the leg. You will need to wear the brace for about 6 weeks.

Medications:

You generally receive Percocet for pain control at your pre-op visit at the office. The dosage is 1-2 tablets every 4-6 hours as needed for pain. You cannot take more than 8 in a 24 hour period. Pain medication should be taken early in the pain cycle. It is harder to get rid of pain once established. Narcotics can make you lightheaded, nauseous, confused and constipated. If you have NSAIDS (non-steroidal anti-inflammatory) drugs at home, such as Motrin, Advil, Aleve, or Ibuprofen, you can take these for breakthrough pain not adequately controlled by narcotics. If you are finding that the medication is not adequately controlling your pain, please call the office for an alternative medication.

CPM (continuous passive motion) Machine:

Our office should have already arranged for this machine to be dropped off at your house on the day of surgery. It is your responsibility to find out insurance coverage and co-pays that you may have to incur as not all insurances offer full reimbursement for this instrument. *Dr Medical LLC* can be contacted at (508)222-1972 or (877)606-KNEE if you have any questions.

Common Concerns:

Numbness around the incision site on the outside part of the knee is a result of a disruption of a superficial nerve during the operative procedure. Most of this will resolve over time but a small area, the size of a quarter, usually remains numb. This is unavoidable because of the proximity of the nerve to the incision.

Bruising and/or swelling into the ankle is common from the surgery. To relieve this, keep up on the icing of your knee, and elevate your leg above the level of your heart. If at any time you have discomfort, swelling, or redness in the calf, please call the doctor immediately.

Follow-up Visit:

You need to see Dr. O'Malley in 8-12 days following surgery for your 1st post-op visit. At that time your sutures/staples will be removed. You will be given a prescription to begin physical therapy at that time.

