DELAWARE ORTHOPAEDIC SPECIALISTS

Discharge Instructions for ACL Reconstruction LCL Repair

Diet: Start out with liquids and progress to your regular diet as you tolerate.

Activity: Do not perform any strenuous activity until cleared by your Doctor. You will continue to use crutches.

Brace: The knee brace is to be worn all the time for the first two (2) weeks, even when sleeping. It will be locked in full extension while walking for the first six weeks. The brace will be worn for a total of six (6) weeks to three (3) months.

Exercise: Perform all exercises instructed as much as tolerates until return visit. You should start formal Physical Therapy prior to your first post-operative appointment.

Pain Medication: A prescription was electronically sent to your preferred pharmacy the day before your procedure. Take this medicine for severe pain only. You may also use Advil/Motrin, an over the counter medication if you choose. Any activity that requires precise thinking and accuracy must be avoided while on narcotics after surgery, which includes operating machinery and/or driving a vehicle.

Other Recommended Medications: It is STRONGLY advised that you take an Aspirin 325mg tablet (1 tablet) for 30 days following surgery to help prevent blood clots from forming.

**If you have allergies to aspirin or are taking other blood thinners then you are NOT Advised to take the Aspirin

Ice: Ice is an excellent source of pain relief, swelling, stiffness and inflammation. Use it for a 20 minute duration a few times per day. The ice pack should never be placed directly on the skin. It can be used for several weeks as needed.

Return Visit: Your post-op appointment with your Doctor has been scheduled and is listed in the paperwork that you should have received in the mail and on your discharge packet. If you need to change the date and/or time, please call (302) 655-9494.

DELAWARE ORTHOPAEDIC SPECIALISTS

Emergency or Problems: DOS staff is available 24 hours a day in case you experience any problems once you leave the surgical facility. After hours, please call (302) 655-9494 for assistance.

Wound Care: Your incision is closed with sutures or steri-strips. It will usually drain or leak after you have returned home. Do not become alarmed unless you consider the volume or color of the drainage to be excessive. Starting on the second post operative day, you may remove your bandage and shower this evening as it states below. Do not remove steri-strips because these keep the incision closed and sutures in place.

Showering: You should never take a bath, use a hot tub, or go swimming until instructed to do so. You may shower only if you keep the incision completely dry. Waterproof dressings can be purchased at your local pharmacy. (ie Tegaderm)

Suture Removal: Your sutures or staples will be removed at 10 days to 2 weeks after your procedure.