



Pinnacle Orthopaedics ACL RECONSTRUCTION Discharge Instructions

GENERAL ANESTHESIA OR SEDATION

- Do not drive or operate machinery for at least 24 hours
- Do not consume alcohol, tranquilizers, sleeping medications, or any non prescribed medication for at least 48 hours
- Do not make important decisions or sign any important papers for at least the next 48 hours
- You should have someone with you at home tonight. Children may appear flushed for several hours after surgery

ACTIVITY

- You are advised to go directly home from the hospital. Restrict your activities and rest for the day. Resume light to normal activities tomorrow.
- Do not engage in strenuous activity that may place stress on your incision
- On postoperative day 1-2, you will initiate the knee range of motion protocol. 4 times a day, you will work on knee range of motion. This can be associated with breakfast, lunch, and dinner as well as shower time. **Do not get a stiff knee.**
- You have **NO** motion restrictions and can start working on range of motion without concern.
- **Brace** - Keep your brace locked in full extension at night and unlocked during the daytime. Maintain your brace 24/7 other than shower time until your first postoperative visit

FLUIDS AND DIET

- Begin with clear liquids, bullion, dry toast, soda crackers. If not nauseated, you may go to a regular diet when you desire.
- Greasy and spicy foods are not advised for today.

MEDICATIONS

- Take over the counter medications such as Tylenol, Motrin, or aleve (unless contra-indicated) to help reduce postoperative pain and swelling.
- Prescription pain medication will be prescribed for you - Take as needed.
- You may resume your daily prescription medication schedule.

OPERATIVE SITE/ PROCEDURE

- Keep dressing clean and dry for 2 days then remove the dressing.
- May wash over the incision with soap and water in the shower in 2 days. NO BATHS, NO SOAKS, NO HOT TUBS! Place a new bandage/band aid over operative sites after showering.
- Keep incisions covered while any drainage is present.

EXTREMITIES: ARMS, HANDS, LEGS, FEET

- Keep operative extremity elevated as much as possible to lessen swelling and discomfort.
- **Toe Touch Weight Bearing** on operative extremity while using crutches

NORMAL SIGNS/ SYMPTOMS POST PROCEDURE

- "Feelings" of tiredness / mild disorientation
- "Feelings" of nausea or lack of appetite may also experience some minor episodes of vomiting
- "Feelings" of soreness/discomfort/pain, which should be relieved by medication
- "Feelings" of numbness or tingling may last for an acceptable period, depending on your surgical procedure
- "Normal" for an operative site to appear slightly swollen and pink or have small areas of drainage. .

FOLLOW-UP CARE: SPECIFICALLY WATCH FOR:

- Fever over 101 degrees by mouth.
- Increased redness, warmth, hardness and around operative area
- Inability to urinate
- Blood soaked dressing
- Swelling around operative area
- Increasing and progressive draining from surgical area or exam site
- Pain not relieved by medication
- Numbness, tingling, cold fingers or toes
- Persistent nausea and/or vomiting; unable to retain fluids

Call your Pinnacle Orthopaedics if you have any problems that concern you.

IF YOU NEED IMMEDIATE ATTENTION, GO TO THE NEAREST EMERGENCY ROOM OR CALL 911

An appointment for your post-op checkup has been made for: _____

I want to see you back in 2 weeks

I have received a copy of these discharge instructions:

Patient/Responsible adult signature _____