



# 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 \_\_\_\_\_**