

ACL/MPFL Reconstruction Discharge Instructions

Wound Care

- Keep dressing in place and remove in 2 days. Ok to loosen bandage or brace if you note significant swelling or skin discoloration.
- A small amount of drainage/bleeding is normal. Please call if you note significant bleeding or your dressing is saturated.
- Ok to shower 7 days after surgery. Pat knee dry, place Band-Aid at each incision. DON'T SOAK (i.e pool, jacuzzi) for 2 months.

Medications

- You received a peripheral nerve block, which provides excellent pain control for up to 48 hours.
- Take pain meds as directed. They cause nausea and constipation. Take on a full stomach, use stool softener (Colace, Senekot) regularly
- You may take NSAIDS or anti-inflammatory medication (i.e Advil, Aleve), unless otherwise directed
- If prescribed take Aspirin as directed to help prevent blood clots

Brace/Cryocuff

Wear brace most of day initially, locked straight, including with sleep. As rehab progresses, brace will be unlocked, discontinued by 6-8 weeks.

- Ice the knee frequently to help with pain and swelling, aim for 20 minutes / session, 4-5 sessions / day.

Activity

- Elevate knee/leg to level of heart when lying down to decrease swelling. No prolonged walking, long distance travel x 2 weeks.
- Do not place pillows under knee when lying down (i.e keep knee straight). Instead, place under calf or heel.
- Weight Bearing
 - OK to bear weight as tolerated, Use crutches as needed for 2 weeks
 - NO weight bearing (if you had a meniscus repair or if otherwise directed)
- Do not engage in activities that increase pain/swelling (prolonged standing, walking) for 1-2 weeks
- Return to work/school when pain is tolerable & off pain meds, usually by 7-10 days (depends on occupation, surgery).
- No driving until cleared by Dr. Porter (about 2 weeks for left knees, 4-6 weeks for right knees).

Exercise/Physical Therapy

- Physical therapy should begin no later than 7-10 days post-op
- SEE ATTACHED EXERCISE SHEET: Begin 24 hours after surgery
- Pain, swelling are normal after surgery. As you recover, work on motion, bending knee, within 5-7 days.
- Aim for full extension (leg straight), 90° of flexion by 2 weeks. Do ankle pumps to decrease swelling.

Emergencies

Contact our office or the doctor on call 24 hours/day at **925-939-8585** if you note:

- Unrelenting/worsening pain, swelling or numbness, fever > 101.5° (low-grade fever is common in the 1st 48-72 hours)
- Redness, increasing warmth around incisions, continually draining/bleeding incision (small amount of drainage expected)
- Difficulty breathing or excessive nausea/vomiting

If you have an EMERGENCY that requires immediate attention, proceed to nearest Emergency Room.