

DR. ELRASHIDY'S DISCHARGE INSTRUCTIONS

ACL/MPFL RECONSTRUCTION

WOUND CARE

- Keep dressing in place x **2 days**. Ok to loosen ACE wrap 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 48 hours after surgery**. Pat knee dry, place Band-Aid at each incision. **DON'T SOAK** (i.e pool, jacuzzi) for 3 weeks.

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
- Do NOT take NSAIDS or anti-inflammatory medication (i.e Advil, Aleve) for 4-6 weeks, unless discussed with your doctor.

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.
- Ok to **bear weight as tolerated**. Use crutches as needed for **2 weeks**, begin to **wean crutches by Week 3**.
- Do not engage in activities that increase pain/swelling (prolonged standing, walking) for 1-2 weeks after surgery.
- Return to work/school when pain is tolerable & off pain meds, usually by 7-10 days (depends on occupation, surgery).
- DRIVING: No driving until cleared by Dr. Elrashidy (about 2 weeks for left knees, 4-6 weeks for right knees).

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.
- You should have a cooling unit, use throughout the day for 2 weeks. This helps significantly with post-op pain & swelling.

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. Do ankle pumps to decrease swelling.
- Aim for full extension (leg straight), 90° of flexion by 2 weeks.

EMERGENCIES: Contact our office or the doctor on call 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**.

Follow-up: You will have a follow-up visit with Dr. Elrashidy's team at 10-14 days.

Patient Signature _____ *RN Signature* _____

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