



## DISCHARGE INSTRUCTIONS FOR ANTERIOR CRUCIATE LIGAMENT (ACL) REPAIR

1. Keep your operative leg elevated on at least 2-3 pillows. Keep ice/cold therapy on the operative knee as much as you can tolerate. Never put ice directly on the skin. This will help decrease the swelling in your knee and leg and also help with discomfort.
2. Wiggle your toes and ankle as much as you can tolerate. This will circulate the blood from your toes to your heart.
4. Two days after surgery, you may remove the ace wrap and remaining dressing you may have. Cover with a trash bag, rubber glove, or bread sack and you may shower. Keep the incisions dry until the sutures are removed which will be approximately 2 weeks. You may place a Band-Aid over incisions as not to catch the stitches on clothing or other loose material. You may have a pain pump which will be discontinued on this day. You will have additional instructions on the care of the pain pump.
5. Take your pain pills as prescribed, but remember, narcotics can make you sleepy, nauseated, or constipated so take them with plenty of food and water. You may take a mild laxative or stool softener, such as colace, as needed. No alcoholic beverages while taking pain medications.  
You may also take Ibuprofen 400-600mg by mouth every 4-6 hours as needed for pain. The Ibuprofen may be taken in conjunction with your prescribed pain medication.
6. Your doctor may or may not send you home with a knee immobilizer. The knee immobilizer will be in the locked position when you leave the surgery center. You will also be weight bearing as tolerated with crutches/walker as tolerated. This means you may walk on your leg but use the crutches for support. You may open your brace to ice as instructed.
7. May resume home medications as directed by physician. Diet as tolerated. No spicy or greasy foods recommended the day of surgery.
8. You have a follow up appointment scheduled with Dr. \_\_\_\_\_  
on \_\_\_\_\_ at TALLGRASS or 29<sup>TH</sup> & URISH CLINIC.
9. **CALL YOUR PHYSICIAN'S OFFICE AT 233-7491 IF YOU HAVE ANY OF THE FOLLOWING:**
  1. Pain not controlled with pain medication
  2. Fever of 101 for 2 consecutive days
  3. Nausea that does not subside after 24 hours after surgery
  4. Redness or drainage from incision sites
  5. Any questions or concerns.

WE STRONGLY SUGGEST A RESPONSIBLE ADULT REMAIN WITH YOU AT HOME TODAY AND TONIGHT FOR YOUR PROTECTION AND SAFETY. IF YOU HAVE ANY QUESTIONS, OR IF A PROBLEM DEVELOPS, PLEASE CALL YOUR PHYSICIAN IMMEDIATELY. IF YOU ARE UNABLE TO CONTACT YOUR PHYSICIAN AND YOU FEEL THIS IS AN URGENT SITUATION REQUIRING A PHYSICIAN'S ATTENTION, GO TO THE EMERGENCY ROOM CLOSEST TO YOU.

### DESIGNATED CAREGIVER CONSENT

I WILL BE THE DESIGNATED DRIVER OF THIS PATIENT AFTER DISCHARGE FROM TALLGRASS SURGERY CENTER. I AM FULLY AWARE THIS PATIENT NEEDS CAREGIVING ATTENTION FOR THE FIRST 24 HOURS.

X \_\_\_\_\_  
PATIENT/PATIENT FAMILY MEMBER

X \_\_\_\_\_  
REGISTERED NURSE