

DR. ELRASHIDY'S DISCHARGE INSTRUCTIONS

ACL / MPFL RECONSTRUCTION

WOUND CARE

- Keep dressing in place x **2 days**. Ok to loosen ACE wrap and/or brace if you notice 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.
- You have an appointment for a **dressing change** with us **24-48 hours after surgery**.
- Ok to **shower** on **Day 3**. Pat the knee dry & place Band-Aids at each portal site. **DON'T SOAK** (i.e pool, jacuzzi) for 3 weeks.

MEDICATIONS

- Anesthetic is injected during surgery. You also received a **nerve block**, both provide excellent pain control for 16 hours.
- Take **pain meds** as directed. They cause nausea/constipation, take on a full stomach, with a stool softener (Colace, Senekot).
- Do NOT take anti-inflammatories (i.e Advil, Aleve) for 4-6 weeks, unless discussed with your doctor.

ACTIVITY

- Elevate leg to heart level when lying down to decrease swelling. Avoid prolonged sitting, walking, long distance travel for 2 weeks.
- Do not place pillows under your knee when lying down (i.e keep knee straight). Instead, place under your calf or heel.
- Ok to **bear weight as tolerated**. Use crutches as needed for **first 2 weeks** after surgery, 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, type of 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 the day initially, locked, including with sleep. As PT progresses, brace will be unlocked, discontinued at 6-8 weeks.
- You should have a cooling unit, use throughout the day for 2 weeks. It helps significantly with post-op pain & swelling.

EXERCISE/PHYSICAL THERAPY

- SEE ATTACHED EXERCISE SHEET: **Begin 24 hours after surgery**
- Pain, swelling, stiffness are normal after surgery. It's safe/preferable to bend the knee. Do ankle pumps to decrease swelling
- Aim for full extension and 90° of flexion by 2 weeks. Physical therapy begins no later than 7-10 days post-op.

EMERGENCIES: Contact the office or the doctor on call if you note:

- Unrelenting or worsening pain, swelling, or numbness, fever > 101.5° (a low-grade fever is common the first 48-72 hours)
- Redness or increasing warmth around incisions, continuous drainage/bleeding from incisions (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

- A dressing change visit has been scheduled at 24-48 hours. You will have a full follow-up visit with Dr. Elrashidy at 10-14 days.

Patient Signature _____

RN Signature _____

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