

KNEE ARTHROSCOPY WITH ACL RECONSTRUCTION DISCHARGE INSTRUCTIONS

- Keep your dressing clean and dry.
- DO NOT remove the outer dressing until you are seen in the office after your surgery. DO NOT shower until that time.
- Try to rest your knee for a few days after surgery. Weight bearing as tolerated with crutches and try to elevate it to reduce swelling.
- Apply ice to your knee for 20 minutes several times a day. This will also help with the swelling and may help decrease some of the pain.
- You will be given a prescription for pain medication. If you are only experiencing mild discomfort you may take a non-prescription pain reliever such as Tylenol (acetaminophen).
- You will go home with a Knee Immobilizer. Please wear it at all times for **TWO WEEKS**, even when you sleep.

It is normal to feel some pain and swelling after the operation, but call our office if you experience:

- Fever above 101F
- Increased redness, swelling, bleeding, excessive pain
- Numbness, coldness, lack of feeling in your foot or leg
- Chest pain or Shortness of Breath

Your initial post-op visit will be 7-10 days after surgery.

You will start PHYSICAL THERAPY within one week of surgery. You will be given a blue prescription sheet to give to the therapist.

At your initial post-op visit you will be fitted for a custom brace. You will need to wear this brace while doing any ACTIVITY for ONE year from SURGERY.

Please call our office if you have any questions: **(912) 644-5331** or **(800) 827-6536**