

## **Surgery Center of Pinehurst ACL Repair Home Care Instructions**

### **Ice:**

Ice will help relieve the swelling and pain. Use the ice bag on your knee for 48 hours, 20 minutes on and 20 minutes off, during waking hours. If you have been given a **Duracold ice wrap**, please use this as instructed.

### **Medication:**

A prescription for a pain killer will be provided and is usually needed for the first few days after surgery. It may cause nausea and constipation. Please take the medication with food and drink plenty of fluids to stay hydrated. If you experience severe nausea with the medication, please contact my office. Do not drive as long as you are taking pain medication.

### **Activity/Elevation:**

Limit your activity for the first 48 hours after surgery. Walking should be limited to what is necessary and comfortable. **Do not put weight on knee.** Elevate your knee with a pillow under your ankle for the first 48 hours. This will help to decrease the amount of swelling you may have.

### **Bandages:**

You should unwrap and rewrap the outer ace bandage one to two times over the next 2-3 days. I will remove the bandages in the office at your follow-up appointment. Do not get the bandages wet. **If you are in an immobilizer**, you may remove it every few hours and gently bend your knee.

### **Follow-up Appointment:**

Please keep your scheduled appointment or call us if it is inconvenient so that we can reschedule you. Your bandage will be removed at this time.

### **Things to watch out for and call the office about are:**

**Bleeding:** if the bandage becomes soaked or the bloody area is larger than the size of a hand

**Fever:** above 101

**Pain:** unrelieved by the pain medicine

**Difficulty breathing**

**If you have any problems or questions after your surgery call Dr. Conti's office at 910-295-0230**

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**Dr. Conti**

**Office: 910-295-0230**