

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

Bandages:

Keep dressing clean and dry for 72 hours. All sutures are inside. You may take the dressing off on post-op day #3 and begin showering.

Activity/Elevation:

Limit your activity for the first 48 hours after surgery. Walking should be limited to what is necessary and comfortable. Elevate your knee with a pillow under your ankle, not your knee for the first 48 hours. This will help to decrease the amount of swelling you may have. Perform range of motion and leg lifts as instructed. Brace is for protection only and does not have to be in locked position. You may be up without brace as tolerated. Weight bearing on affected leg as tolerated. Use crutches for support when walking.

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 **Durakold 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.

Follow-up Appointment:

Please keep your scheduled appointment or call us if it is inconvenient so that we can reschedule you.

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, call the office.

Fever: above 101

Pain: unrelieved by the pain medicine

Difficulty breathing

If you have any problems or questions after your surgery call Dr. Wohlrab's office at 910-295-0265
