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ACL DISCHARGE INSTRUCTIONS

Diet Resume regular diet as tolerated. Medication . ☐ Follow medication instructions in your pre op binder for multimodal pain control ☐ Oxycodone ☐ Tylenol #3 ☐ Norco ☐ Aspirin 81 mg: Take 1 tablet for 2 weeks. ☐ You have been given a prescription for Phenergan. Fill this prescription ONLY IF you have severe nausea. • If you had a block, begin taking pain medicine at the first sign of return of sensation. Take medicine prior to onset of pain. * Restart your daily medication unless you are instructed to do otherwise

You will be given a prescription for pain medicine at your preoperative appointment. Take the medicine as needed according to the directions on the bottle. Possible side effects include nausea, dizziness, headache, vomiting, constipation, and urinary retention. If you experience these side effects, please call our office for assistance. Discontinue the medication if you develop a rash, shortness of breath, itching, or difficulty swallowing. If these symptoms become severe you should seek immediate medical attention.

Refills on pain medication are authorized during office hours only (8am-5pm; Mon-FRI.). Meds will not be refilled on weekends.

Activity

- You have been given a cooling unit to ice your knee. This can be used all at times for the first 1-2 weeks, and then as needed. Do not let the ice pad directly touch your skin. **DO NOT** use heat.
- Apply ice, even though bandages are thick, and you may not feel the cold. Apply ice to the 3 times per day for 30 minutes for the first 1 week until your knee is feeling comfortable again. **DO NOT** use heat.
- Pump your foot up and down 20 times per hour, every hour you are awake.
- Place a rolled towel under the ankle of your operative leg 3 times per day for 20-30 minutes for the first week to encourage full knee extension.
- **DO NOT** place a pillow underneath the knee for comfort. To elevate your leg, it must be straight with pillows under your ankle.
- You may begin straight leg raising exercises with your brace on. While lying down, pull your foot all the way up, tighten your quadriceps muscle and lift your heel off of the ground. Hold this position for 2 seconds, and then let the leg back down. Repeat the exercise 10 times, at least 3 times a day.

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Walking							
☐ You may p	ut 30% p	artial weight on your leg with your crutches					
DO NOT	DO NOT bear weight. You may stand but DO NOT walk with full weight on the operative leg.						
☐ Bear weigh	Bear weight as tolerated on the operative leg. Use crutches to assist with weight bearing.						
knee under after shower You may Mappropriate Keep the delight You can exist normal, remove part If the ace were Dressing remove Remove brack sutures. App	water and ering. NOT showed when ressing dispect some after tapes wrap is under tapes with the dispersion of the dispers	lays after surgery unless told otherwise. DO NOT immerse the d DO NOT rub the incision. Reapply new gauze pads, your ace wrap, and your brace were or get the dressings wet until after your doctor visit. Cover the bandages washing to keep them from getting wet. Dressing Care y. e light wound seepage through the bandage. DO NOT BE ALARMED. Fluid seepassing does get soaked: Remove and replace with dry gauze and an ace wrap. NEVE (steristrips) or your sutures. Re-apply your brace. comfortable, you may remove it and rewrap it. Re-apply your brace. dressings 72 hours after surgery. NEVER remove paper tapes (steri-strips) or your gauze and ace wrap. Wrap lightly over the wound. Re-apply the brace. portable sequential compression device. Wear on both legs when you are not walking ping until follow up appointment. steristrips or zipline until you are seen in our office.	nge R				
Arthroscopic Findings		Torn ligament					
Procedure Per	formed	ACL Reconstruction with Patella Tendon/Hamstring/Allograft □ Lateral Extra-articular Tenodesis □ Partial meniscectomy (cartilage removal) □ Meniscus repair: limit bending your knee to 90° for 6 weeks. □ Joint surfacing smoothing (chondroplasty) □ Microfracture □ Articular cartilage (joint surface) repair □ Removal of loose body					

Other___

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Physica Therap			You will be given a physical therapy prescription to begin in 1 to 2 days. You will be given a physical therapy prescription when you are seen in the office for follow-up.	
Follow-	·Up A	Appo	intment	
Specific	Ins	tructi	ons:	
1. A re 2. O ex ac 3. Ex re 4. Fe	sudo elieve eral te xceed cetan xcess elieve	den inced by a sempera 1 3.5 g ninople ive drad by a	at 949-491-9991 for: rease in swelling and redness or warm at the area the surgery was performed which is not rest, ice, and elevation. ture greater then 101.5 degrees that is not relieved by taking 2 tylenol every 4-6 hours. Do no rams of Tylenol over 24 hours. Note your pain medicine contains Tylenol or nen. hinage from the incision or dressing which has not stopped 72 hours after surgery which is not pplying a compressive dressing, ice and elevation. shortness of breath, chest pain, nausea, vomiting or other signs and symptoms that concern	
I have see	en an	d unde	erstand these instructions.	
Discharg	e Nu	rse	Patient Date	