



Dr. Ruwe ACL Discharge/Home Instructions

FOLLOW-UP APPOINTMENT: Call your doctor today or tomorrow to arrange for an appointment to be seen. Connecticut Orthopaedic Specialists Surgical Center wishes you a speedy recovery. Please note the following guidelines for your recovery period at home.

DIET: Your regular diet may be resumed today. Start with liquids. Drink additional fluids today. Avoid alcohol for 24 hours and while you are taking your pain pills.

MEDICATIONS: It is normal to experience some discomfort after surgery. Take medication as prescribed by your doctor. Pain medication may cause constipation. Eat something before taking medication to avoid stomach upset. Take your pain medication, 1 to 2 tablets when you are aware of soreness and then every 3-4 hours as needed. Take buffered or enteric-coated aspirin 325 mg daily for 3 weeks if tolerated.

DRESSING: KEEP YOUR DRESSING DRY AND CLEAN.

You may experience drainage. **Do Not Remove Original Bandage Until Your Follow Up Appointment.**

ACTIVITY: Do not drive, operate machinery, or sign legal documents. You may be forgetful due to today's medications. Rest today. Get up every 2-3 hours during the day. Gradually resume light activity. Use crutches for partial weight bearing. Elevate limb for 24-48 hours. After knee surgery, flex and extend ankle to promote blood flow. Use ice machine. Set at 52 degrees F as tolerated. Bridge lower extremity 30 minutes 2 times per day. Do quad sets 10-15 reps every hour. Do ankle pumps 10-15 reps every hour.

NOTIFY YOUR SURGEON IF YOU ARE UNSURE OF YOUR PROGRESS OR IF:

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| *Dressing is too tight | *Fever above 101 | *Excessive swelling or bleeding. |
| *Excessive pain | *Unable to urinate | *Infection |
| *Nausea/Vomiting | | |

IF YOU CANNOT REACH YOUR DOCTOR AND NEED HELP OR ADVICE RIGHT AWAY, GO TO THE EMERGENCY ROOM NEAREST YOU. IN THE EVENT OF A TRUE EMERGENCY, CALL 911.