DAVID B. COHEN, M.D.
Connecticut Orthopaedic Specialists
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CALL OUR OFFICE AT 203-407-3518 FOR FOLLOW-UP OR QUESTIONS

DISCHARGE/HOME INSTRUCTIONS

ACL Reconstruction

Patient Name:

Follow up appointment:

- Call your doctor later today or tomorrow to arrange to be seen in 10 - 14 days if you do not already have one.
- COS 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 discomfort after surgery. Take medication as prescribed.

- Pain medication may cause constipation. Use an over-the-counter stool softener (ie. Colace) as needed.
- Eat something before taking medication to avoid stomach upset.
- Your pain medication is Percocet (oxycodone) Take 1-2 when you are aware of soreness and then every 3-4 hours as needed. Set an alarm clock to wake you up at night to take the medicine during the first few days. It takes 45 minutes to start working.
- Use Naprosyn (an anti-inflammatory) for 14 days after surgery. Take one pill in the morning, one in the evening with food. Discontinue use if you have any history of ulcer disease or difficulty using anti-inflammatory medications or aspirin.

DRESSING: KEEP YOUR DRESSING DRY AND CLEAN.

- You may experience drainage. Reinforce as needed. Call your surgeon if you think it is too much.
- Remove dressing in 3 days. **Do not remove tape strips** on surgical site. Redress big incision, apply band aids to small holes.
- Please do not use bacitracin or other creams on the wounds.

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. You may experience light-headedness and sleepiness following your surgery. We encourage you to have someone with you for 24 hours.
- To bathroom with assistance. Gradually resume light activity.
- Apply ice for minimum one week while awake (30 minutes on, 30 minutes off). You should use it after physical therapy as well.
- You may shower on post-operative day 3, but keep the incision sites covered with either plastic wrap secured with tape or waterproof band-aids. Do not remove the tapes covering the incisions. No baths, hot-tubs, or swimming.
- Flex and extend ankle to promote blood flow. Your ankle may swell when you are up and about. This is normal.
- Elevate leg for 24 to 48 hours and if ankle swells. Keep your leg elevated with a pillow under your calf, NOT under the knee.
- Use crutches for 7-14 days. Weight bear as tolerated with BRACE LOCKED straight, advance as tolerated.
- Keep brace on at all times except when doing exercises or showering. You may stop sleeping with it after 2 weeks.
- Start Physical Therapy within a week of surgery. Call now and book appointments for 2-3x/week for 6 weeks.
- Exercises to be performed every 2-3 hours: regaining motion is EXTREMELY important. Expect discomfort.
    - Gentle range of motion of the knee: bending and straightening in a seated position with leg hanging off bed. (always use your normal leg to lift the operated limb to the extended position; ***DO NOT*** attempt to straighten your leg with your quadriceps muscle). Bend knee to maximum tolerated and hold for 15 count.
    - While sitting on floor, place rolled towel beneath ankle and push knee towards floor, forcing extension. . Hold for 15 count. Repeat.
    - Straight leg raises, with knee straight and foot turned out. Goal is 25 reps three times per day.
    - Tighten quad muscles and hold for 15 count. Repeat.

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

-Dressing is too tight. -Fever above 101˚F -Excessive swelling -Continued nausea/vomiting
-Uncontrolled pain -Unable to urinate -Excessive bleeding -Infection (red, drainage and/or sore)
-If coldness, numbness or change in color of fingers/toes or skin

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

I (Patient/Escort) have read these instructions. I understand them and have no questions at this time.

_____, M.D _____
Patient / Escort

MD OFFICE NUMBERS
Wallingford (203) 265-1800
Hamden (203) 407-3500
Milford (203) 882-3373
Branford (203) 483-2509
Orange (203) 795-4784