

**Gahanna / Reynoldsburg**

170 Taylor Station Road
Columbus, Ohio 43213
PH 614.545.7900
FX 614.545.7901

Hilliard

3777 Trueman Court
Hilliard, Ohio 43026
PH 614.488.1816
FX 614.488.0390

Westerville

300 Polaris Parkway, Suite 2150
Westerville, Ohio 43082
PH 614.545.7900
FX 614.545.7901

Grove City

4151 Hoover Road
Grove City, Ohio 43123
PH 614.488.1816
FX 614.488.0390

Powell

10330 Sawmill Parkway
Powell, Ohio 43065
PH 614.545.7900
FX 614.545.7901

ACL DISCHARGE INSTRUCTIONS

Kenneth J. Westerheide, M.D.

(614) 545-7900

1. **ACTIVITY:** Following your knee surgery, you may want to limit your activities for the first 5-7 days (i.e. not returning to work or school). You may walk as comfort allows with the assistance of crutches and continued use of the knee brace. If you experience an increase in pain or swelling, get off your feet, elevate your leg on 1-2 pillows and apply the cooling pad or ice pack.
2. **COLD THERAPY:** Generally, this is most beneficial when used continuously during the first week for comfort, and then as needed. You may use cold therapy as often as you'd like. This can be applied for 20 minutes at a time, as often as every hour, if desired. The main benefit from cold therapy is increased comfort and decreased swelling.
3. **PAIN MEDICATIONS:** Generally, you will be prescribed 2 different medications for use at home after surgery. They are:
 1. **Norco (Hydrocodone/Acetaminophen):** A narcotic pain reliever; Take 1-2 tablets every 4-6 hours as needed for pain. Do not exceed 10 tablets in a 24-hour period.
4. **BRACE/CRUTCHES:** The knee brace is for your protection while healing and muscle strengthening occur. It should always be worn when walking and putting weight on your operative leg. It is not necessary while lying down and must be removed while doing the heel slide exercises. You will require this particular brace for up to 5 weeks after surgery. If there was NOT a meniscal repair, the crutches can be discontinued as soon as this is comfortable, usually between 1-2 weeks after surgery. If a meniscal repair or microfracture was performed, the crutches are needed for 5-6 weeks. We will inform you or those accompanying you after the surgery if this is the case.
5. **DRESSING CHANGE:** It is not uncommon to have leakage of fluid into and around the dressing the first 48 hours. Reinforce the dressing with gauze until the first dressing change. You can change your surgical dressing 48 hours after surgery and then one time per day thereafter. After removing the brace, expose the incision sites, discard the entire white padded dressing, leaving the steri-strips in place on the skin. Next, use betadine swabs over the steri-strips. Finally, apply a 4x4 gauze bandage, covering all the incision sites and tape it secure with paper tape (betadine, gauze and paper tape are available at any pharmacy). This will help keep the wound clean and dry. The brace should then be placed back on the knee.

6. **SHOWERING:** For the first 14 days after surgery it is necessary to protect the incision site from getting wet. You may shower 2 days after surgery as long as the knee is kept dry by wrapping with Glad Press N Seal, plastic wrap or a garbage bag. After 2 weeks, you may get the knee wet in the shower, patting the steri-strips dry. You must wait 3 weeks after surgery before submerging the leg in a bath, pool or Jacuzzi, as long as the incisions are completely closed and dry.
7. **SIGNS OF INFECTION:** With any surgery it is important to be aware of signs of infection, which can include: unusual looking drainage, increased redness and tenderness around the incision sites, fever (101 degrees or above) and chills, or a sudden decrease in flexibility. It is a good idea to check the wounds 1-2 times a day. Also, be aware of excessive bleeding, numbness and/or tingling of the feet and/or toes. Please make your doctor aware as soon as possible should you develop any of these possible signs.
8. **EXERCISES:** As instructed in the attached sheet.
9. **FIRST POST-OP VISIT:** If a post-operative appointment has not been scheduled for you to return 7-14 days after surgery, please contact our appointment desk at (614) 545-7900. Please inform them that this is your first post-op appointment. At your appointment, you will have x-rays taken of your knee, your dressing will be changed, and Dr. Westerheide and/or his Physician Assistant Tom Hunt, PA-C will examine you. At this time, physical therapy will be discussed. Outpatient physical therapy generally begins 2 weeks after your surgery and may continue for 3-4 months, depending on your progress.
10. **QUESTIONS:** If you have further questions, please contact our office.