

## **MAJOR KNEE RECONSTRUCTION DISCHARGE INSTRUCTIONS (ACL, MENISCUS, MPFL, OPEN PROCEDURES)**

### **DIET**

- Begin with clear liquids and light foods (jellos, soups, etc.)
- Progress to your normal diet if you are not nauseated

### **WOUND CARE**

- Keep your dressing clean and dry. You may shower by placing a large garbage over your leg/knee/brace starting the day after surgery. Use a shower chair so you do not fall.
- Your dressing will be removed when you follow up for your postop appointment.
- Wear your TED and compressive stockings on the surgical leg until postop visit.
- It is normal for the Knee to bleed and swell following surgery – if blood soaks onto the bandage, do not become alarmed – reinforce with additional dressing.

### **MEDICATIONS**

- You may elect to have a nerve block during your surgery which can help decrease your postoperative pain– this may wear off within 8-12 hours after surgery. Most patients will require some narcotic pain medication for a short period of time – this can be taken as per directions on the bottle that will be prescribed by your doctor and be at the pharmacy you requested. Use your narcotic medication wisely because after 2 weeks over the counter medications only will be prescribed given current DEA scrutiny.
- Common side effects of the pain medication are nausea, drowsiness, and constipation – to decrease the side effects, take medication with food – if constipation occurs, consider taking an over-the-counter laxative
- If you are having problems with nausea and vomiting, contact the office to possibly have your medication changed. Do not drive a car, operate machinery or take alcohol while taking pain medication
- Resume your normal medication the day after surgery

### **ACTIVITY**

- Follow your doctor's instructions about weight bearing and range of motion.
  - **Weight bearing instruction**\_\_\_\_\_
  - **Range of motion instruction**\_\_\_\_\_
  - **Brace instructions**\_\_\_\_\_
- **Exercises** (due each set 15 times 3 to 4 times day)
  - **Quad Sets.** Tighten the muscle on the top of your thigh, while at the same time pushing the back of your knee down into the bed. Hold 5 secs then relax 5 sec.
  - **Ankle pumps.** Slowly move the front of your foot up and down, as if your pumping the brake of a car.

- **Straight leg raises.** Keep your affected leg flat and straight. Slowly raise the affected leg-keeping it as straight as you can until its 6 inches off the bed and hold for a count of 5 secs.
- **Physical therapy** appointment should be scheduled by you usually within a week from your surgery to help you recover.
- **Return to work** when your doctor recommends and you feel safe.
- **Driving**-you should not drive if you are in any restrictive device/brace/sling, ultimately the decision of safety is up to you.

### **ICE THERAPY**

- Begin immediately after surgery
- Use icing every 2 hours for 20 minutes daily until your first post-operative visit – remember to keep barrier between your skin and the ice device

### **WHEN SHOULD I CALL MY DOCTOR**

- Painful swelling or numbness
- Unrelenting pain
- Fever (over 101° - it is normal to have a lowgrade fever for the first day or two following surgery) or chills
- Redness around incisions
- Color change in operative extremity
- Continuous drainage or bleeding from incision (a small amount of drainage is expected)
- Difficulty breathing
- Excessive nausea/vomiting