

## **Surgery Center of Pinehurst ACL Repair Home Care Instructions**

### **Elevation and Activity:**

It is normal to experience swelling in the first 48 hours after surgery. To minimize the swelling, elevate your leg above heart level as much as possible.

### **Ice:**

Ice will help relieve the swelling and pain. Use the ice bag on your knee for 48 hours, 20 minutes on and 20 minutes off during waking hours

### **Medications:**

Follow instructions carefully. Pain medications should be taken with food to minimize side effects such as nausea and vomiting. Pain medication may also dehydrate/constipate, so drink plenty of fluids. Do Not Drive a vehicle or operate machinery as long as you are taking pain medication.

### **Surgical Dressing/Immobilizer:**

#### **Do not remove the knee immobilizer!**

Keep dressing clean and dry to prevent infection. Do not remove dressing. The dressing/sutures will be removed at your scheduled follow-up visit.

### **Activity:**

**Do not bear any weight on your knee!** You must stay on the crutches until your follow-up appointment.

### **Follow-up Appointment:**

It is important to keep your scheduled follow-up appointment. At this appointment your dressing will be removed, incision inspected, and removal of any sutures/staples will be performed. Any further therapy and/or instructions will also be given at this time.

**If you have any problems or questions after your surgery, please call Dr. Brenner's office at 910-215-2508**

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**Dr. Brenner  
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