

## General Discharge Instructions Following ACL Surgery with Dr. Morgan

1. **Diet** - Remember to start with liquids and light food. Advance as tolerated.
2. Take **pain medication** as needed according to instructions on the bottle. Remember in the first **24 hours after surgery** your pain medication works better at **“keeping the pain away”** than **“taking the pain away”**. Be sure to cough and deep breathe regularly to keep your lungs expanded after surgery.
3. Notify Dr. Morgan immediately (**704-788-3155**) if you experience any **chills, fever** over 101.5 degrees, incision **drainage, calf pain** or **chest pain**.
4. **Do not get the incisions wet** until after your first post op visit with Dr. Morgan and when your sutures are out. Be sure to keep your incision dry. Do not remove the sutures or the white steri-strip tape. If your dressing and/or incision(s) get wet, the dressing should be changed at that time.
5. **2 days after surgery** you may shower (**NO tub baths, hot tubs, Jacuzzi**). Take off the dressing that was placed in the operating room and place waterproof band-aids over the incision(s) (leave any white steri-strips in place if present). For showering cover the incision(s) (with Band-Aids over incision) with Saran Wrap or Glad “Press and Seal”.
6. After your knee surgery, you will need to elevate the leg to help reduce pain and swelling. Apply **ice pack** intermittently. Place 1 or 2 pillows under your **heel** (not knee) to make sure you knee is completely straight. Remember at night while asleep to have a pillow under your **heel** so that your knee is completely straight while sleeping.
7. You may bend your knee as pain tolerates.
8. **ACE Wraps** – if they become uncomfortable, please remove and re-wrap looser. You may remove both ace wraps for good 2 days after surgery.
9. **Cold Therapy Unit Polar Care or Ice**, it helps with swelling and pain control.
10. **Crutches** - use them as directed. You may put weight on your leg as pain permits, unless otherwise told (exceptions include meniscus repair and microfracture surgery).
11. **Remember the 2 exercises** with the sheet to help straighten and flex your knee. Start these exercises the evening of surgery. Please see a demonstration on Dr. Howell’s website - <http://www.drstevehowell.com/video-instructions-and-exercises-in-recovery-room/> Click over the video to start.
12. Beginning the day after your surgery start performing straight leg raises. Lying flat on your back and keeping your knee straight, slowly raise your surgical leg 6-12 inches off the floor or table, holding it for a count of one, and then slowly returning it back to the table. Do 10 repetitions each, 3 times a day.
13. As discussed before surgery, **Physical Therapy** for almost all surgeries should be set up to start around 3 days after your surgery (unless otherwise stated by Dr. Morgan). **Patients are responsible for setting up their therapy after surgery. Please set up you post op physical therapy before your surgery to guarantee you will have an appointment around 3 days after you surgery.**
14. A **postoperative appointment** with Dr. Morgan should already be scheduled for you by the Surgery Scheduler. If you do not have a follow up appointment or questions regarding the timing of this appointment, please call 704-786-5122.

**Thank you for allowing me to participate in your care. Please contact me with any questions or concerns!**