Medial Collateral Ligament Injury
Requiring Surgery, Care After Surgery

Read the instructions outlined below. Refer to this sheet in the next few weeks. These discharge instructions provide you with general information on caring for yourself. Your surgeon may also give you specific instructions. While your treatment has been planned according to the most current medical practices available, unavoidable complications sometimes occur. If you have any problems or questions after discharge, call your caregiver.

HOME CARE INSTRUCTIONS FOLLOWING SURGERY

- You may resume a normal diet and activities as directed by your caregiver.
- Keep ice packs (a bag of ice wrapped in a towel) on the surgical area for twenty minutes, four times per day, for the first two days following surgery.
- Change dressings if necessary or as directed by your caregiver.
- Only take over-the-counter or prescription medicines for pain, discomfort, or fever as directed by your caregiver.
- Use crutches and external braces as directed.
- Do not exercise your leg unless instructed by your caregiver.
- Keep appointments as directed.

SEEK IMMEDIATE MEDICAL CARE IF THERE IS:

- Redness, swelling, or increasing pain in the knee or leg.
- Pus coming from wound.
- An unexplained oral temperature above 102º F (38.9º C).
- A bad smell coming from the wound or dressing.
- A breaking open of the wound (edges not staying together) after sutures or staples have been removed.

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