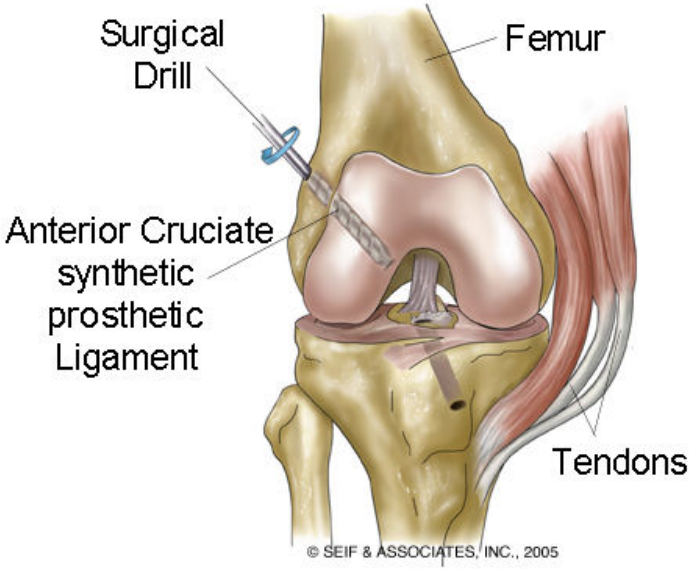
Anterior Cruciate Ligament (ACL) Repair
Care after Surgery

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



HOME CARE INSTRUCTIONS FOLLOWING SURGERY

- You may resume normal diet and activities as directed or allowed.
- 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.
- Only take over-the-counter or prescription medicines for pain, discomfort, or fever as directed by your caregiver.
- Use crutches as directed and do not exercise leg unless instructed.
- Keep appointments as directed.

SEEK IMMEDIATE MEDICAL CARE IF:

- Redness, swelling, or increasing pain in the wound or wounds.
- Increased pain in movement of the knee.
- Pus coming from wound.
- An unexplained oral temperature above 102º F (38.9º C).
- A bad (*foul*) 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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