



## ACL/PCL Repair, possible ORIF Discharge Instructions

### Discharge Instructions

- Comfort
  - Discomfort increases 6-24h after surgery due to anesthetic/nerve block wearing off (if a nerve block was performed). This can be helped by oral pain medication. It is safe and normal.
  - Cold therapy – This will greatly reduce pain and will help with swelling for the first three days. You may use it 20 minutes on, 20 minutes off, as often as you wish. Always keep a cloth barrier, such as a towel, between the cold and your skin.

### Medication

- For **anticoagulation** – you **MUST** take one 81mg aspirin daily for two weeks to help prevent blood clots. This is the only mandatory medication.
- For **nausea** – Zofran (ondansetron) as needed.
- For **constipation** – over the counter remedies such as Colace or Miralax as needed. Both the anesthesia and the pain medication can cause constipation.
- For **pain**
  - A narcotic pain medication will be prescribed for you if it is deemed safe with your history and allergies. **Use only if needed.** Try to manage your pain with ice, ibuprofen, and Tylenol and use the narcotic sparingly. Some patients find they do not need the narcotic at all. Common side effects such as constipation, nausea and cognitive impairment may occur. Tylenol and ibuprofen can be used as step-down medications and are recommended as soon as possible. It is very common to use the pain medication at night to help sleep better or around the time of therapy so you can participate more comfortably.

### Activity

- You will be nonweightbearing on the operative leg with brace for 6 weeks post-op
- You should continue to move your other limbs

### Wound Care

- Your surgical wound is covered by a bandage and ACE wrap and a brace. You can loosen the ACE wrap but do not remove the splint or white bandages underneath for 3-5 days after surgery. For the first 3-5 days, you should keep the arm dry (use a bag for showering, hold it out, etc.)
  - After 3-5 days, you can take off the bandages and shower (i.e. let water run over it), but no soaking or scrubbing the incision.

### Diet

- You may eat anything you like, but it's advisable to choose light, easily digestible foods and to drink plenty of water the day after surgery. Some people experience nausea as a temporary reaction to anesthesia.

Call your physician if:



- You develop a temperature over 100.3 degrees.
- You notice any drainage of the incisions 5 days or later after surgery.
- The arm becomes hot to the touch, red, intolerably painful, or swells suddenly.  
(Note some warmth, pain, and swelling are normal.)
- You have persistent pain and / or swelling in your calf.
- You have any questions or concerns. We are happy to talk to you at any time! If it is after hours, our answering service will page the PA on call and he or she will get in touch with you.