



Michael S. Day, MD, MPhil

WellSpan Orthopedics

120 North Seventh Street, Chambersburg, PA 17201, Suite 101

Tel: (717) 263-1220; Fax: (717) 263-6255

POST-OPERATIVE INSTRUCTIONS **LATERAL COLLATERAL LIGAMENT RECONSTRUCTION**

Activity

- Try and rest the first few days following surgery. When sitting or lying down be sure to keep your leg elevated up above the level of your heart to help decrease swelling.
- **Ice** or the **cryo-cuff** can be used as much as possible for the first 3-4 weeks to help decrease swelling.
- **Crutches** are prescribed for the first 6 weeks to help provide support and aid in ambulation and non-weightbearing. Try and avoid putting any weight on the operative leg until you are cleared to do so by Dr. Day.
- You have been placed in a **hinged knee brace**. You will likely have to wear this for the first 4-6 weeks following surgery. The immobilizer needs to be locked (straight) in extension when standing or walking during the first week. The immobilizer also must be worn while sleeping at night. You may remove your brace 4-5 times a day while seated or lying down, and begin to bend and straighten your knee. After the first week, the brace may be worn in the unlocked position
- Return to (sedentary) work or school the day after surgery if pain is tolerable. Return to heavy labor or excessive ambulatory activities will be determined by Dr. Day.

Dressings

- Remove the dressing 48 hours after surgery. Clean the surrounding skin with sterile water or rubbing alcohol and cover the sutures loosely with a clean gauze dressing.
- If there are small white tape strips that have been placed across your incision, do not remove them.
- Wrap the knee with an ACE wrap (snug, not tight).
- Be sure not to vigorously rub over any of the incision sites as they are still healing.
- Small amounts of bloody drainage, numbness at incision site, swelling, and bruising are normal findings following surgery.
- Do not use any ointments on the wound.

Showering/Bathing:

- You may shower after 48 hours after returning home. You can allow soap and water to run down the incision. There is no need to cover the wound while in the shower. The white bandage strips (steri-strips) will fall off on their own in the next two weeks.
- You should not scrub the incision. Be sure to pat the incision dry with a towel after showering.
- If wound drainage is noted, you should **sponge bathe instead of showering** until the drainage resolves.
- No submersion in water, including a bath, Jacuzzi, lake or swimming pool for six weeks and until given clearance by Dr. Day.
- You may remove the brace to shower, but be careful to avoid any sudden movements or heavy lifting

Medication

- Take prescribed pain medication as needed
- Post-operative pain tends to be the most pronounced the first 2-3 days following surgery. Once the pain allows you to do so, transition to over the counter pain medications such as Tylenol as they have significantly less side-effects compared to narcotic pain medication. **Do not exceed 4,000 mg acetaminophen in 24 hours from all sources.**
- You have also been given a prescription for **enteric coated Aspirin 81 mg** which you should take once daily with food to decrease the risk of post-operative blood clot formation.
- You may also have been given a prescription for Zofran, an anti-nausea medication. Please take this medication as needed for nausea
- If you have any side effects (i.e. Nausea, rash, trouble breathing) from medication discontinue its use and call our office.
- Try to avoid anti-inflammatory medication (eg. Advil, Alleve) for the first few weeks following surgery as certain studies have shown them to adversely affect healing.

Physical Therapy

- Schedule Physical Therapy to begin approximately one week after surgery.

Follow Up

- You have likely already been scheduled for your first post-operative visit. If you have not received an appointment please contact the office to schedule an appointment to be seen approximately 14 days after your surgery.
- You will be seen by Dr. Day or his Physician Assistant for your first post-operative visit to review your intra-operative findings and to go over any questions you may have.
- Sutures will also be removed at that time.
- Call the office immediately if you develop a fever (>101.5), chills, excessive incision drainage, calf pain, or increased numbness in leg.
- If you have any questions or concerns please feel free to call the office.