



Barton R Branam, M.D.

**University of Cincinnati Department of Orthopaedics and Sports Medicine
Dr. Branam's Post Operative Discharge Instructions
Lower Extremity- ACL reconstruction**

*This is a standard copy of our discharge instructions. Discharge instructions may vary per patient depending on what procedures were performed. Please refer to your specific discharge instruction sheet.

Procedures: Knee arthroscopy, ACL reconstruction

Weight Bearing Status: as tolerated

- Must wear brace at all times not seated or lying locked in full extension.

Discharge Medications:

Percocet 5/325 mg 1-2 tabs every 4-6 hours as needed for pain.

Phenergan 25 mg 1 tablet every 6 hours as needed for nausea.

Aspirin 325 mg daily starting tonight for 1 week post op.

May Remove Dressing On: 3 days post op

- If you have steri-strips (white band-aid like strips directly over your incisions), please leave them on. These typically fall off in 1-2 weeks.

May Shower On: 3 days post op

- Ice to operative knee 20 minutes every hour.

- Do not scrub your wound. Shower and let water runoff. Pat your wound dry.

- If after your shower, your wounds are dry then they can be left open to air. Keep your wound clean and dry. If fluid is coming out of your wound, then put a clean, dry dressing on your wound

- Please do not put any ointments or creams on your wound. This includes Neosporin, Bacitracin, etc.

- DO NOT TAKE A BATH OR SOAK YOUR WOUND.

Call the office with any questions or concerns!

Office Phone number: (513)475-8690

Please Make Follow-Up Appointment for 3-5 days post op.