

Contact your surgeon if you experience the following
(if not available to call, contact your family Doctor)

- Fever, elevated temperature or chills
- Increased redness or drainage from the incisions
- Increased pain not eased by the pain medication and rest

Follow up with Dr. O'Brien will be in _____ days
for an appointment call 260-3344



Interior Health

Post Operative Care ACL Repairs

Vernon Jubilee Hospital
2101 32nd Street
Vernon, BC V1T 5L2
Phone: 250-545-2211

You have had daycare surgery and will need someone to drive you home and someone to stay with you for at least the first 24 hours after your surgery.

Discomfort

- Do not drink alcohol while taking narcotics for pain control
- Follow the instructions given to you for taking your pain medications
- You will generally be given a prescription for Percocet, Tylenol #3 and Voltaren (anti-inflammatory)
- You will be started on Percocet in surgical daycare. Take Percocet as directed for the first 3 days along with Voltaren. After 3 days you will then take Tylenol #3 as directed. The Voltaren are to be taken 3 times a day with food and will continue for approximately 6 weeks.
- Ice or frozen peas in a ziplock bag over the surgical site may be applied on top of the tensor 15 minutes of every hour, this will be most effective during the first 48 hours after surgery to reduce swelling and inflammation.
- The brace is only to come off for physio and may be loosened off for icing.

Crutches

You will be partially weight bearing on crutches until instructed otherwise by physiotherapy.

Hygiene

No showers, no baths, no swimming or hot tubs, **sponge bathe only.**

Wound Care

If there is soiling to the outer surface of the dressing do not change the dressing on your own. Go to your family Doctor to have it cared for by a health care professional.

Physiotherapy

Is to start as soon as possible following your surgery.

It is important to move your ankle up and down as soon as possible following surgery. It is also important to tighten up your thigh muscle, hold it for the count of ten, then release and repeat this activity 5-6 times in a row at least ten times per day. Continue these activities for several days to prevent blood clots.

Blood clots can occur in the deep veins in the lower legs. Symptoms you may experience are increased pain in your calf, increased swelling in your ankle (leg), chest pain or shortness of breath go to the Emergency Department as soon as possible if these symptoms occur.

Healthlink BC

Dial 8-1-1

Talk to a Nurse 24 hours/day, 7 days/week

Pharmacist available between 5 p.m. - 9 a.m. daily

Dietitian between 9 a.m. - 5 p.m. - Monday to Friday

www.healthlinkbc.ca