

FOLLOWING YOUR PROCEDURE YOU MUST REMEMBER...

- It is preferable to rest for 24 hours following the procedure.
- Do not drive any vehicle, ride a motorcycle or operate heavy machinery for 48 hours following the procedure.
- Do not drink alcoholic beverages (beer and wine included) for 24 hours following the procedure.
- Delay making important decisions until you are fully recovered.
- Have a sponsor drive you home.

DRESSINGS/WOUND CARE:

- Keep your dressing dry and clean.
- Change your dressing the following day using a clean and sterile gauze and clean the incision with peroxide.
- If you had an ACL Reconstruction, continue to use the white stockings.
- You may shower 3 to 5 days following your surgery.

ACTIVITY:

- You may bear weight on your leg as tolerated. You will be provided with crutches since weight bearing may be painful at first.
- Keep your leg elevated and apply ice as needed.
- If you had an ACL Reconstruction, you must remain non-weight bearing until your knee brace is on.
- If you had a Meniscal Repair, you must remain non-weight bearing and wear your brace at all times when up.

DIET:

- You may return to your normal daily diet.

MEDICATION:

- Take Medication as directed by your physician.

**IF YOU HAVE ANY QUESTIONS ABOUT YOUR SURGERY
PLEASE CALL YOUR DOCTOR'S OFFICE AT 440.285.4999.**