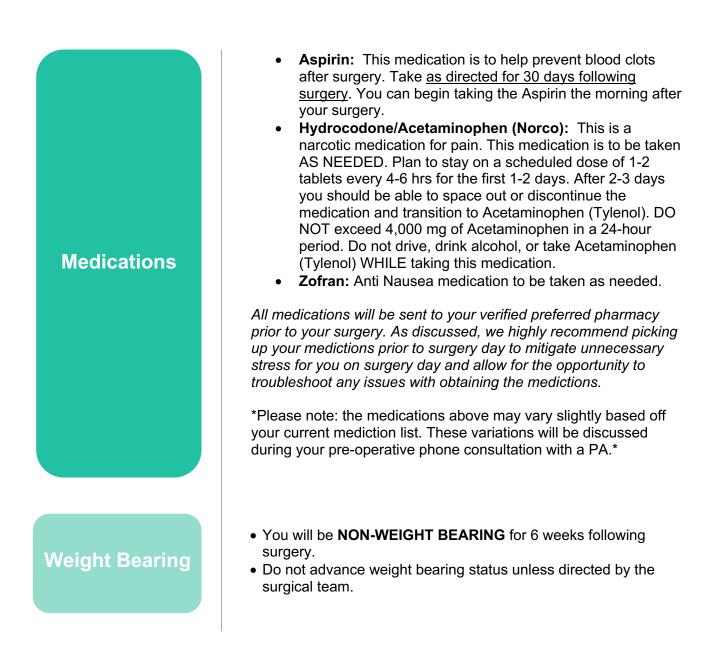


ACL Reconstruction + Meniscus Inside-Out Repair

Jorge Chahla, MD, PhD

Post-Operative Instructions



Wound Care: Dressing

Wound Care: Showering

Brace

- Leave the bulky outer dressing directly over the incisions on until 48 hours after surgery. At that point, you can remove the bulky dressing and leave the steri-strips (white rectangular Band-aids) that have been placed directly over the incisions in place until your initial follow-up visit with Dr. Chahla's office. You do not need to cover the steri-strips unless you would prefer to. If you do choose to cover them, simply use a Band-aid to do so.
- **Do not remove the Steri-Strips.** Please leave these in place until your follow up visit with Dr. Chahla's office.
- It is normal to see some blood-tinged or clear drainage on the dressing from the incision. If you notice a thick, pus-like yellow discharge, please email the practice a photo of your incision at chahlapractice@rushortho.com
- **Do not apply lotions or ointments** of any kind (including Neosporin) to the incision site.
- Do not shower for 48 hours after surgery.
- After 48 hours from your surgery, you can cover the incisions with a waterproof bandage/covering and shower.
- After your sutures are removed at your initial post-operative visit with Dr. Chahla's team, you can shower without a waterproof bandage covering the incisions. When showering, simply let the soapy water run over the incisions. **Do not scrub the incisions**.
- Pat the incisions dry when finished showering. **Do not apply lotions or ointments** until after the sutures have been removed and the incisions are fully healed (typically around 4-6 weeks after your surgery).
- **DO NOT soak or submerge the incision** in a bath/pool until after the sutures have been removed and the incisions are fully healed (typically around 4-6 weeks after your surgery).
- You will use the brace until you are off crutches/walker. This is typically around 6-8 weeks after surgery.
- Use the brace locked straight (in extension) while:
 - Sleeping
 - Ambulating with the use of crutches/walker while remaining non-weight bearing.
- Transition to <u>unloader brace at 6 weeks post-op</u>. Wear during <u>all weight-bearing activities</u> until 6 months pos-op.

If you have any issues or questions regarding the brace, please call our DME department directly at: 312.432.2482

