

POST-OPERATIVE KNEE ACI INSTRUCTIONS For Dr. Berman's Patients

Thank you for choosing The Joint Preservation Center and Dr. Berman to help you with your treatment needs. **Please read** this information carefully to answer many of the more common questions following your procedure.

Your ACI procedure

ACI, Autologous Chondrocyte Implantation is a complicated but rewarding procedure. It will help return your knee to increased function. Recovery and rehabilitation are an important part of the procedure. Andrea Wylie, RN will give you a brochure and answer any questions to help you understand your particular procedure more fully.

Some things to anticipate:

1. You will be required to have a pre-operative work-up 5-7 days before surgery. This work-up may include lab work, EKG, and/or x-rays.
2. ACI is done most often as outpatient surgery. You will go home within a few hours after your surgery. You will need someone to bring you to the hospital and to drive you home.
3. When you awaken from anesthesia, you will have a large dressing and ice pack on your knee. You will have a brace on your leg allowing for only a limited range of motion. You will be instructed on crutches and will not be allowed to put weight on your leg until specifically told to do so by Dr. Berman or Andrea.
4. It is normal to have some swelling and discomfort in the knee for several days or even weeks after surgery. The ice pack will help minimize swelling and pain in the post-operative period, and should be worn consistently for the first 48-72 hours. When not walking with your crutches you should elevate your leg on 2 pillows under your calf or ankle, not under your knee. This allows gravity to let your knee fall straight.
5. You might have some swelling in your foot and ankle. This is very common. If this occurs, once again elevate your foot above the level of your waist.
6. You might have some bleeding or oozing from your knee incisions. Your bandages are designed to act as sponges or a wick to absorb the fluid from surgery. The fluid may appear blood-tinged or reddish. If excessive bleeding or oozing occurs, you should contact our office.
7. Do not remove the bandages unless specifically instructed to do so by a doctor or nurse.
9. Although your dressing appears water-proof. It is not. Keep your dressings clean and dry. Take sponge baths until the dressings are removed which we will do in the office at your first visit. You may take a shower by placing a large plastic bag over your leg, taping it securely to keep the dressing dry.
10. At home you will have a CPM, continuous passive motion machine delivered. It should be used 6-8 hours every day. This does not have to be continuous and you do not have to sleep in the machine. It will be necessary to set the machine at a fixed range of motion that will be given to you.
11. You will be sent home from the hospital with a prescription for pain medications. Take the medication, if needed, as directed by the pharmacist. The directions on the bottle is the maximum dose you are to take. If you do not need prescription pain medications, you can take 200mg to 400mg of Advil (Ibuprofen) every 4-6 hours, or you can take Advil (Ibuprofen) along with the prescription pain medications to minimize the amount of pain medications required. Occasionally some patients alternate their prescription pain medications with Advil every 2 hours for sustained relief. The prescription pain medications **will only be refilled every 14 days.** Do not drive if you have been taking pain medications.
12. If your surgery is on Monday, you should have an appointment to be seen on the following Thursday in the office. If your surgery is Wednesday or Friday, you should have an appointment the following Tuesday to be seen in the office. You will need to call the office to schedule the appointment.

You should call the office if:

1. You develop a temperature over 100.0 degrees.
2. After your dressings are removed by Andrea, you have any continued drainage from your wounds.
3. You develop a significant amount of calf pain, tenderness, or swelling.

Surgery is often an inconvenience. We hope to make your experience as pleasant as possible and start you on the way to recovery.