



MACI Discharge Instructions

Comfort

- Discomfort increases 24-48 hours after surgery due to the injected numbing medication wearing off. This can be helped by oral pain medication. It is safe and normal.
- **Cold therapy** – Ice will reduce pain and will help with swelling. You may remove the ACE wrap temporarily to apply ice if you wish, but rewrap it afterward. The deeper cotton bandages should be kept in place until your first post op appointment
- **Medication**
 - For **anticoagulation** – you **MUST** take one 81mg aspirin daily for the first two weeks to help prevent blood clots. This is the only mandatory medication.
 - For **nausea** – Zofran (ondansetron) as needed.
 - For **constipation** – over the counter remedies such as Colace or Miralax as needed. Both the anesthesia and the pain medication can cause constipation.
 - For **pain**-- A narcotic pain medication will be prescribed for you if it is deemed safe with your history and allergies. Try to manage your pain with ice and Tylenol and use the narcotic sparingly. Some patients find they do not need the narcotic at all. Common side effects such as constipation, nausea and cognitive impairment may occur. Tylenol can be used as a step-down medication and is recommended as soon as possible. It is very common to use the pain medication at night to help sleep better.

Activity

- Please keep your leg elevated above the level of your heart whenever possible to help with pain and swelling.
- Do not place pillows under knees (i.e. do not maintain knee in a flexed or bent position), but rather place pillows under foot/ankle.
- Generally take it easy over the next several days. It is normal to feel fatigued. Allow your body time to recuperate.
- Maintain no more than heel-touch weight bearing of the surgical extremity.
- Do not engage in activities which increase knee pain/swelling over the first 7-10 days following surgery.
- Driving – We want you to be safe and comfortable when you return to driving. We will discuss this more in the office. At a minimum, no driving until you have stopped taking the narcotic.

Brace

- Keep brace locked in full extension at all times when upright or ambulating.
- Keep brace locked during periods of rest and always at nighttime until the first post-operative appointment.
- Brace straps may be loosened during use of ice machine if desired.
- Brace should be removed for exercises beginning first post-operative day and for periods of rest.
- If combined cartilage procedure was performed and you have been prescribed a CPM machine, the brace should be removed during CPM use as well.

CPM (Continuous Passive Motion) Machine

- If prescribed, begin using your CPM machine out of the brace the first post-operative day after speaking with a member of Dr. Shadid's team.
- Begin 0-30 degrees max and advance amount of movement as instructed by our team.
- CPM can be used in any number and length of sets desired.
- Increase duration of CPM usage to attain 6 hours per day consistently for 6 full weeks.
- For technical questions regarding the CPM machine, please contact the vendor directly using the telephone number on the device.



Wound Care

- Your incision is covered by several layers of bandages. You may temporarily undo the ACE wrap—the top layer—if it feels too tight or to apply ice, but please wrap it again afterward.
- Do not remove the cotton layers of bandage. They were applied under sterile conditions in the OR and we do not want bacteria near the incision.
- Please do not shower unless you have a way to avoid getting the bandages wet. Waterproof protective bags are sold online and at many pharmacies.

Diet

- You may eat anything you like, but it's advisable to choose light, easily digestible foods and to drink plenty of water the day after surgery. Some people experience nausea as a temporary reaction to anesthesia.

Call your physician if:

- You notice drainage coming through the dressing.
- You develop a temperature over 100.3 degrees.
- You have persistent pain and / or swelling in your calf.
- You have any questions or concerns. We are happy to talk to you at any time! If it is after hours, our answering service will page the PA on call and he or she will get in touch with you.