Patient Name: [Patient First and Last Name]

Date of Birth: [DD/MM/YYYY]

Date of Surgery: [DD/MM/YYYY]

Procedure: Anterior Cruciate Ligament (ACL) Reconstruction

Surgeon: [Surgeon Name]

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1. Clinical Summary

The patient underwent a successful ACL reconstruction using a [Graft Type: e.g., Hamstring/Patellar Tendon] autograft. The procedure was completed without complications. The patient is now stable and cleared for discharge to continue recovery at home.

2. Wound Care

- Keep the surgical dressing clean and dry.
- Do not remove the adhesive strips (Steri-Strips) unless instructed.
- You may shower after [Number] days, provided the incision is covered with a waterproof bandage.
- Do not submerge the knee in baths, pools, or hot tubs for at least 4 weeks.

3. Activity and Weight Bearing

- **Weight Bearing:** [Full Weight Bearing / Partial Weight Bearing / Non-Weight Bearing] as tolerated with the use of crutches.
- **Brace:** The knee brace should be worn at all times, including during sleep, locked in [Extension/Degree].
- **Elevation:** Keep the leg elevated above the level of the heart as much as possible for the first 72 hours.
- **Ice:** Apply ice to the knee for 20 minutes every 2 hours while awake to reduce swelling.

4. Medications

- **Pain Relief:** [Medication Name] every [Number] hours as needed.
- **Anti-inflammatory:** [Medication Name] for [Number] days.
- **Blood Thinner:** [Medication Name/Aspirin] to prevent blood clots.

5. Physical Therapy

Physical therapy should begin within [Number] days of surgery. Please follow the attached exercise protocol focusing on quadriceps activation and achieving full knee extension.

6. Warning Signs (Contact Physician Immediately)

- Fever over 101F (38.3C) or chills.
- Excessive redness, warmth, or foul-smelling drainage from the incision.
- Sudden shortness of breath or chest pain.
- Increasing pain, swelling, or redness in the calf muscle.

7. Follow-up Appointment

A follow-up visit is scheduled for: **[Date and Time]** at **[Location]**.

Signed,

[Physician/Surgeon Name]
[Hospital/Clinic Name]