

Post Operative Patient Information

Anterior Cruciate Ligament Reconstruction +/- ALL reconstruction

Analgesia

- It is not uncommon for patients to encounter more pain on the first or second day after surgery. This is when the swelling peaks.
- Using the pain medication regularly and as directed will help with keeping the pain under control and enable you to recover quickly.
- Taking pain medication before bedtime will assist in sleeping
- Icing the knee can also aid in pain relief.
- Ice can be applied for 20 minute periods, 3-4 times per day. Use a thin cloth or towel on the skin then the ice pack.

Weight Bearing (no medial meniscus repair – see below)

- You may fully weight bear on the leg as tolerated
- You can start walking without crutches as soon as you feel steady

Wounds Dressings

- Any bandages in place should be left for 24 hours.
- Remove bandages after 1 day. Tubigrip can be applied on the knee.
- ***Keep the dressings dry and intact.***
- Do not remove any dressings that are in place.
- If for any reason the dressings become blood soaked or are starting to lift you may obtain dressings to replace these from your local chemist.
- Ensure that you wash your hands prior to changing these dressings to reduce the risk of infection.
- It is not uncommon for a small amounts of blood to be on the dressings.
- If bright red blood persists despite elevation and application of ice, please call our Practice Nurse – Alicia (07)4727 4111.
- Elevate the area as much as possible for the first 1-3 days to decrease the swelling.

Aspirin

- You may have been given a script for aspirin 100mg. Please take the aspirin for a full **6 weeks** following your surgery. This is to prevent DVT formation. If you cannot take aspirin please contact the rooms for an alternative medication.

Rehabilitation following Medial Meniscal Repair ONLY (Not LATERAL)

- A ROM Brace will be fitted to your knee. This is to be worn for **6 weeks** (the brace can be removed to wash/dress etc.)
- 2 Crutches will be required to mobilise.
- **DO NOT weight bear on your operated leg for 6 weeks**

You are advised to not drive a vehicle for six weeks after surgery

The Practice Nurse – Alicia will see you 10-14 days after your ACL reconstruction. This appointment will be in your discharge information. **Please collect your x-rays on discharge from the hospital.** If unexpected problems, emergencies or other issues occur, please call me, or my nurse Alicia at (07) 4727 4111 or email: alicia@tsvllc.com.au