



## POST-OPERATIVE INSTRUCTIONS AFTER YOUR ACL RECONSTRUCTION

1. Apply ice in a bag (or a bag of frozen peas) to the front and back of the knee joint to prevent or reduce swelling. The ice can be applied for 30 minutes as often as you are able. Always ensure that there is cloth or a bandage between the ice and the skin. The more ice you use the better your knee will feel!
2. Your drains will be removed and the bandages changed before leaving hospital. A Tubigrip bandage will be applied over the waterproof dressing. You can remove the Tubigrip bandage to sleep at night.
3. Leave the dressings intact until I see you about 10 days after the surgery. Please note that it is normal for some blood to collect under these dressings and it is normal for there to be some bruising around the knee after surgery.
4. You may get the dressing wet in the shower - gently pat the dressing dry after showering. You do not need any special soaps or antiseptics. If the dressings come off after the shower please cover the cuts with more waterproof dressings from the chemist. Please avoid having a bath or going swimming for 10 days after surgery or until I have told you otherwise.
5. Take the pain killers you have been provided when you feel pain.
6. It is safe to walk on the leg with the crutches but do not spend too much time on your feet. You may fully weight bear on the operated leg using the crutches for balance. This will not damage the graft and is encouraged. Crutches may be discarded when you can walk comfortably and confidently unaided or as advised by your physiotherapist.
7. Keep the leg elevated as much as possible and use ice packs frequently.
8. Post-operative exercises usually commence the day following surgery under the physiotherapist's supervision, once the drains are removed. These exercises should be continued at regular intervals during the day (approximately 10 x each every few hours).
9. Outpatient physiotherapy may begin within a few days of going home from hospital. Alternatively, you can wait until your post-operative review and I can refer you to a physiotherapist.
10. When I see you about 2 weeks after surgery I will discuss the operative findings with you and to check on your progress. Let me know about any unusual or worrying symptoms, e.g. excessive swelling, calf pain, redness or persistent increase in temperature.

If you have any problems you can contact me through the office in hours or through the hospital after hours (Prince of Wales Private Hospital 9650 4000, Canada Bay Private Hospital 9747 2033, Sydney Private Hospital 9797 0555, Concord Repatriation General Hospital 97675000).