

ACL RECONSTRUCTION PATIENT INFORMATION

DISCHARGE INSTRUCTIONS

- Crutches are required post procedure.
Weight bear as tolerated with crutches until ambulating normally.
You are allowed to put your whole foot on the floor.
- Please arrange crutches prior to admission to hospital and bring them on the day of surgery.
- You will be prescribed Panadol (Paracetamol) and Celebrex (a non-steroidal anti-inflammatory) post operatively. Cartia (Aspirin) will also be prescribed to minimize the risks of DVT (blood clots) post surgery.
- Tramal (a pain reliever) may also be prescribed- use this only if the other pain medication is not strong enough. Occasionally, a Norspan patch may be applied for analgesia in hospital.
- Please ensure Mr English is aware of any allergies and medications you are taking.
- Apply an ice pack to your knee every 4-6 hours for half an hour
- Following surgery, do not operate heavy machinery, engage in sports, heavy work or lifting until reviewed.
- Do not drive until advised by Mr English.
- Please discuss return to work requirements. Time required off work will depend on your individual circumstances.
- The bulky outer dressing will be removed the day after surgery and replaced with a tubigrip bandage. If surgery is performed as a day procedure- an appointment will be made for you in the rooms to attend to the dressing.
- The underlying plastic waterproof dressings can remain until your review appointment.
- You should commence physiotherapy 3-4 days after surgery.
Please organize this appointment with your physiotherapist prior to surgery.
- A review appointment will be given to you on discharge from hospital.

