

Post Operative Patient information – Day Surgery

## **Anterior Cruciate Ligament Reconstruction + Meniscal Repair**

***On discharge from the Townsville day surgery you should mobilise using crutches and leave your bandages and dressings intact. An appointment has been made for you to be reviewed tomorrow in Dr Hazratwala's rooms.***

### ***Analgesia***

- It is not uncommon for patients to encounter more pain on the first or second day after surgery. This is the time when swelling peaks.
- Using the pain medication as directed will help control pain with little risk of complication.
- Taking pain medication before bedtime will assist in sleeping

### ***Wounds Dressings***

- Bandages should generally be left in place for 24 hours. Remove after 1 day. Apply tubi-grip over the knee to control swelling (this usually happens in the hospital before discharge and )
- ***Keep the dressings dry and intact.*** Do not remove the steri-strip dressings.
- If the outer dressings come off, re-apply with a primapore dressing (find at local pharmacy).
- It is not uncommon for a small amount of blood on the dressings or swelling in the knee for 1-3 days post operation
- If bright red blood persists despite elevation and application of ice, please call the Practice Nurse – Narissa (0747 274111).
- Icing is very important for the first 5-7 days after surgery. Ice can be applied for 20 minute periods, 3-4 times per day.

### ***Rehabilitation following Meniscal Repair***

- A ROM Brace will be fitted to your knee. This is to be worn for a total of 6 weeks (the brace can be removed intermittently to wash/dress etc)
- 2 Crutches will be required to mobilise. Mobilise non-weight bearing on your operative leg

***You are to Non weight bear on the operative side for six weeks.***

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

The Practice Nurse - Narissa will need to re-examine you 7-10 days after your ACL reconstruction. If unexpected problems, emergencies or other issues occur, please call me, or my nurse Narissa at (07) 4727 4111.