

Post Operative Patient information

Anterior Cruciate Ligament Reconstruction + Meniscal Repair

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 knee arthroscopy.

If unexpected problems, emergencies or other issues occur, please call me, or my nurse Narissa at (07) 4727 4111.