



## ACL RECONSTRUCTION

IMPORTANT INFORMATION – PLEASE READ

We use 3 small incisions either side of the knee to perform the operation and close the skin with dissolvable sutures, superglue or staples. A waterproof dressing is applied to the wounds.

You will experience some pain and swelling after your procedure. Please make sure you take enough pain relief medication. Ice packs, rest and elevation will help pain and swelling in the first few weeks. The Game Ready machine combines all of these and we recommend you talk to the team about hiring one post op. Nausea, dizziness, sore throat, muscle pain and inability to concentrate are common side effects of anaesthetic and may take 24 hours to resolve. We recommend you rest and do not consume alcohol for at least 24 hours.

Follow the exercises and instructions given to you by the physiotherapist in hospital. Ice packs are particularly useful to help with the pain and can be applied to the knee for 20 minutes every 2 hours. A crepe or elastic bandage (similar to that applied in hospital) can be used to help reduce the swelling. Minimise any activity that makes swelling worse and keep the leg elevated while at rest.

You have two layers to your dressing:

1. Tubigrip - remove 1 week after your operation.
2. Waterproof dressing - leave these dressings in place. Only change them if the dressing gets wet or dirty.

Your wound should be reviewed (and sutures removed, if required) about 2 weeks following surgery. If this has not been pre-arranged please either make an appointment with your GP or contact The Joint Studio to book a Dressing Clinic appointment. Follow-up with your surgeon is approximately six weeks after surgery.

We recommend 2 to 3 days of absolute rest (housebound) then 2 weeks of gentle activity only. Avoid long walks and hills. Do not indulge in prolonged activities or sports. Most people benefit from seeing a physiotherapist after two week wound review. The physiotherapist will guide your recovery, progressing your exercises and preparing you for a return to sporting activities (see Melbourne ACL Guide: <https://www.thejointstudio.com.au/your-surgery/>). You can usually return to work after 2 – 3 weeks.

Most people are able to drive as soon as they are comfortable, however, we ask that you DO NOT drive in the 48 hours following surgery.

**Contact us if you experience any of the following:**

- If your wound is not dry (still oozing) 4 days after surgery
- Temperature or fever
- Severe pain
- Redness, swelling around the knee / incision site

**Office hours:** The Joint Studio on 9386 3933 (9:00 – 4:30PM)

**After hours:** Your GP

**Closest Emergency Department:** Hollywood Private ED - 9346 6000

**Health Direct:** (24 hour health advice) 1800 022 222

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