

Mr David Mitchell
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ACL RECONSTRUCTION PATIENT INFORMATION

OPERATIVE FINDINGS & PROCEDURE:

Graft: Hamstring/Patella Tendon/Allograft

Fixation: Interference screws/other

Other Surgery:

Knee Brace Required: Yes/No

DISCHARGE INSTRUCTIONS

- Crutches are usually necessary for approximately one week however, bear weight as much as possible. **AT THE VERY LEAST PUT WHOLE FOOT FLAT ON THE FLOOR.**
- Panadol and anti-inflammatory tablets (eg: Mobic) are used as a background painkiller for at least three days.
- Tramadol has been prescribed - use this only if the standard painkillers aren't strong enough.
- Do not drive until reviewed by your surgeon for right knee surgery - do not drive for a month. Do not conduct business, sign documents or engage in any task that requires a good deal of skill, coordination or judgement whilst using Tramadol or on the day of surgery.
- Commence physio within 3 days of surgery, please advise my rooms of your appointment details with the physiotherapist.
- Remove the bandages on day 2-3, the small plastic dressing should stay on until your appointment with your surgeon.