

**Surgeon:** Mr Luke Spencer  
**Contact:** 03 5332 2969

## **ACL RECONSTRUCTION PATIENT INFORMATION**

- 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.
- You will be prescribed Panadol (Paracetamol) and Mobic (a non-steroidal anti-inflammatory) post operatively. Cartia (Aspirin) will also be prescribed to minimize the risks of DVT (blood clots) post-surgery.
- A stronger pain reliever may also be prescribed- use this only if the other pain medication is not strong enough.
- Apply an ice pack to your knee every 3-4 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 Spencer.
- The bulky outer dressing will be removed the day after surgery and replaced with a tubigrip bandage.
- The underlying plastic waterproof dressings can remain until your review appointment.
- You should commence physiotherapy 3-4 days after surgery. Please organise this appointment with your physiotherapist prior to surgery.

**Review appointment in rooms at 109 Webster Street Ballarat**

**Date:**                      **Time:**