

**Surgeon:** Mr Shaun English  
**Contact:** 03 5332 2969 / 0428 866 655

## 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. Please arrange crutches prior to admission to hospital and bring them on the day of surgery.
- 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.
- Tramal (a pain reliever) may also be prescribed- use this only if the other pain medication is not strong enough. Occasionally, a Norspan patch may be applied for analgesia in hospital.
- Please ensure Mr English is aware of any allergies and medications you are taking.
- Apply an ice pack to your knee every 4-6 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 English.
- Please discuss return to work requirements. Time required off work will depend on your individual circumstances.
- The bulky outer dressing will be removed the day after surgery and replaced with a tubigrip bandage. If surgery is performed as a day procedure- an appointment will be made for you in the rooms to attend to the dressing.
- 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.