

MR. BOYLE'S ACL RECONSTRUCTION POST-OP INSTRUCTIONS

1. Activity

- Elevate your leg at the level of your chest for 48 hours after surgery this will help to decrease swelling.
- In the early period after surgery, is very important to maintain knee extension (keep the knee straight) please do not place a pillow under your knee.
- Do not engage in activities that increase knee pain or swelling in the first 2 weeks after surgery, such as stair climbing, prolonged sitting or prolonged standing.
- You may return to work 2 weeks after surgery if your pain is tolerable. If you have a more active job, you may require at least 6 weeks until you can return to light duties. You cannot return to contact sport for 9-12 months after surgery.

2. Wound Care

- Loosen your bandages if your knee feels tight or your foot or ankle swells.
- Please remove the outer crepe bandage wrap 2 days after surgery, but keep the
 underlying sticky plastic dressings on. If the underlying plastic dressings are
 heavily blood stained, please get your GP's practice nurse to change these.
 Please leave the plastic dressings on until at least 10 days after surgery.
- You may shower once the crepe bandage has been removed (before then please cover the leg with a plastic bag or have a sponge bath). Try to avoid direct water flow onto the plastic dressings. Please pat the dressings dry afterward. In general, keep the dressings clean and dry.
- Do not get into a bath, tub or pool for 3 weeks after surgery.

3. Icing

 Please apply ice packs to your knee every two hours for 30 minutes for the first 24-48 hours after surgery to help decrease swelling. Thereafter you may apply ice packs to your knee 3-4 times per day for 30 minutes until swelling is resolved.

4. Brace

- Most ACL reconstruction patients do not require a knee brace.
- If a brace has been fitted, please keep the brace locked in extension (straight) at all times (including sleeping) for 2 weeks after surgery. You may unlock the knee brace for short periods only, when needed (e.g. sitting in a car, sitting at a desk).

| 5. (| Cr | utcl | hes |
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| • | Please use your crutche | es at all times, and remai | n partial weight bearing o | n your |
| | operative leg. Please co | ontinue to use your cruto | ches for a total of: | |
| | □ 2 weeks | ☐ 4 weeks | □ 6 weeks | |
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6. Physiotherapy

- You may commence quadriceps sets and straight leg raises immediately after surgery, if pain allows.
- Please make an appointment to see your physiotherapist for 2 weeks after your surgery. You will be provided with a rehabilitation protocol for your physiotherapist as part of your discharge paperwork you must take this to your physiotherapist to help guide your rehabilitation.

7. Pain Control

You have been prescribed strong pain-relieving medication by your anaesthetist
for pain control after surgery. Please use the medicine as prescribed and do not
drive, drink alcohol, or perform duties that require concentration (i.e. school or
work) or manual dexterity while taking the strong medication.

8. Sports

• Do not resume any sports of any kind until discussing this with Mr. Boyle.

9. Follow-up appointments

- Please arrange to see your GP for suture removal 10 days after your surgery.
- A follow-up appointment with Mr. Boyle should have already been made for you for approximately 6 weeks after surgery. If not, please call (09) 281-6733 to schedule an appointment.

10. Driving

 Do not drive for at least 2 weeks following surgery. You may return to driving once you are able to walk comfortably without your crutches.

WHAT IS TO BE EXPECTED:

• After ACL reconstruction, there is a variable amount of pain and swelling, often depending on how much surgery was done. This usually diminishes after several days. It is helpful to elevate your leg and apply ice regularly.

WHAT SHOULD BE REPORTED IMMEDIATELY?

Signs and symptoms to report:

*persistent fever *shortness of breath

*deep calf pain and/or swelling *increasing numbness

*wound redness, drainage, or increased skin temperature

*sudden increase in pain or swelling

WHO TO CALL:

- If you have any problems please call Mr. Boyle's office at (09) 281-6733.
- For <u>urgent</u> problems after 5:00pm and on the weekend or on holidays, call
 Mr. Boyle directly or attend the Emergency Department of your local hospital.

