

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 **urgent** problems after 5:00pm and on the weekend or on holidays, call Mr. Boyle directly or attend the Emergency Department of your local hospital.

