

Patient Information Sheet

POST OPERATIVE INSTRUCTIONS – KNEE ARTHROSCOPY AND ACL RECONSTRUCTION

Name _____ Date _____

Procedure

Right Left Arthroscopy ACL reconstruction

Postoperative review

Date _____ Time _____

Sydney CBD San Clinic

Instructions:

1. Pain Relief - The knee is injected with local anaesthetic which lasts 12 – 24 hours. You may require a strong analgesic to take at home for 24 – 48 hours. After this take a simple analgesic such as Panadol for the next three days. Following this you should not need any more pain relief.
2. Weight Bearing - Take as much weight on the knee as feels comfortable. Crutches are usually not required. Avoid kneeling and squatting but you may otherwise bend the knee. Listen to your knee and do not perform any exercise which is painful.
3. Exercises – Straight leg raising exercises begin gently on the 3rd post-operative day and build up to 80 repetitions three times a day for one month. (See over for straight leg raises).
4. Elevation – Keep the knee and foot at a higher level than the groin whilst sitting to reduce swelling. *Do not place a pillow beneath the knee.*
5. Dressings – Leave the bandage intact for two days and then remove. Shower over the plastic dressing and pat it dry. Replace the plastic dressing if it is no longer waterproof. The sutures will be removed at your post-op visit.
6. Ice – Apply ice every 2 hours for 20 minutes for the first 2 days.
7. Physiotherapy – This begins approximately two weeks after your surgery and continues for one month or until the quadriceps are as strong as the other side and there is a full range of motion in the knee. ***This will be organised at your post-operative visit.***
8. Recovery – The knee should become less painful and less swollen each day. If severe pain or swelling continues please contact the consulting rooms during normal business hours or proceed to the SAN emergency department.

SYDNEY CBD

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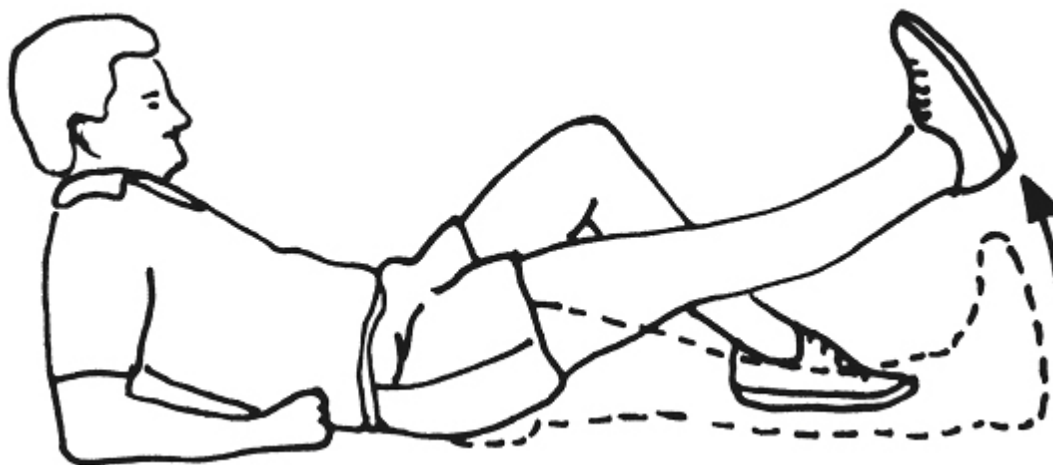
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Straight Leg Raises



- Lie on your back with opposite knee bent to support your lower back.
- Tighten your knee muscles (quads) and point your toes upwards.
- Slowly, lift your leg straight up slightly lower than your bent knee. The leg should be straight throughout the lift.
- Lower and relax leg between each lift.

**Perform: 8 sets of 10
3 times a day**