

HOME CARE INSTRUCTIONS

ANTERIOR CRUCIATE LIGAMENT RECONSTRUCTION

Dr Will Duncan
ORTHOPAEDIC SURGEON

Telephone: 8236 4185

Fax: 8236 4180

Email: adminduncan@woc.com.au

BANDAGE

Your knee will be covered in a double length tubi-grip stretch bandage, some woollen padding and op-site waterproof dressing/steri-strips, to cover the puncture wounds.

1. Tubi-grip can be removed for showering and re-applied (it can be shortened if desired).
2. The woollen padding can be discarded after 24hrs.
3. The op-site dressing and steri-strips should be left in place for ten days. Occasionally blood and fluid collect under this dressing – if this leaks it can be replaced by two band-aids. Further excessive bleeding may require re-bandaging – please contact Mr Duncan's rooms.
4. The stitches used are dissolvable and will not require removal.

PAIN / SWELLING

You will be given a prescription for painkillers, as needed. You may also be prescribed anti-inflammatory medication such as Voltaren which should help control pain and swelling and can be taken for up to ten days. These tablets may induce gastric upset and should be discontinued if this occurs. The amount of swelling varies, depending on the pre-operative state of your knee and how much is done at the time of surgery. An increase in the swelling in the first few days indicates you are progressing your activities too quickly or you are standing for prolonged periods or walking too far.

CRUTCHES / BRACE

You will be supplied with crutches and a straight-leg brace. These are to be used mainly in the first two to three days after surgery to support the leg. The brace can be removed for showering, exercises (see over), icing the knee and when resting quietly. As the knee becomes more comfortable and strength returns the brace and crutches can be discarded in the first one to two weeks. If you have combined or other ligament injuries in the knee, arrangements will be made to fit a hinged knee brace, which is usually worn most of the time in the first six weeks.

PHYSIOTHERAPY

A physio from the Wakefield Sports Clinic will visit you and go through an exercise programme, prior to discharge from the hospital. They will outline a plan for further management and follow-up, as required.

FOLLOW-UP

You will be given an appointment to see Mr Duncan two to three weeks after surgery. If unsure please contact Mr Duncan's rooms in the next few days.

HOME CARE INSTRUCTIONS

ANTERIOR CRUCIATE LIGAMENT RECONSTRUCTION

Dr Will Duncan
ORTHOPAEDIC SURGEON

Telephone: 8236 4185

Fax: 8236 4180

Email: adminduncan@woc.com.au

RECOVERY / RETURN TO ACTIVITY

Although the surgical wounds are small the surgery inside your joint is quite significant and the knee will take time to recover. Each knee injury and the surgery required varies slightly and knees with more damage, such as cartilage tears or injuries to other ligaments, will be slower to recover.

Unless otherwise indicated, you should progress as outlined below:

DAY 1-3: Complete rest, elevation, ice treatment and gentle exercise programme.

DAY 4-TWO WEEKS: Short walking around the house, trying to fully weight-bear through the leg and not to limp. Try to increase range of motion in the knee from fully straight to 90°.

TWO WEEKS-TWELVE WEEKS: Physio guided exercise programme, working at range of motion, scar massage and muscle strengthening. Return to office type work or light duties.



Wakefield
Orthopaedic
Clinic

Level 2 / 270 Wakefield Street, Adelaide

HOME CARE INSTRUCTIONS

ANTERIOR CRUCIATE LIGAMENT

DAY SURGERY AND INPATIENTS

COMMENCE THE EXERCISE PROGRAM
BELOW THE DAY AFTER YOUR SURGERY

1. QUADS EXERCISE

(a)



- Place a rolled up towel under the knee
- Tighten the thigh muscle, bracing kneecap up tight
- Feel the back of the knee pressing down on the towel
- Lift heel off the bed
- Lower and relax leg
- To progress lift the straight leg off the towel
- Repeat 10 times

(b)



- Place towel under your heel
- Brace knee tightly, straightening knee down onto the bed
- Lift straight leg off the towel
- Hold for 3 seconds
- Lower and relax
- Repeat 10 times

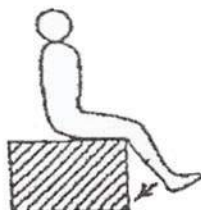
2. KNEE BENDING

(a)



- Sit on bed with legs out straight
- Bend your knee as far as possible pulling your heel towards your buttocks
- You may help with your hands around the thigh initially
- Repeat 20 times

(b)



- Sit on the edge of a table/bed
- Bend your foot under the table (do not lift the buttock, help by pushing with the other foot)
- Repeat 10 times

Proceed with exercises every 3 hours for 3-5 days.

Then during the next 3 weeks double the exercises and repeat 3 times each day.