



ALLEN CHONG
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Orthopaedic Surgeon
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GENERAL ORTHOPAEDIC SURGERY
Arthroscopic Surgery

Anterior Cruciate Ligament (ACL) Reconstruction

Post Operative Information

DATE: ___/___/___

Findings: **Left** / **Right**

1. ACL rupture
2. Meniscus tear
3. Chondral damage (joint surface)
4. Other:

Operation Performed:

1. ACL reconstruction
2. Meniscus trimmed / repaired
3. Other:

Hospital Stay:

Usually you will stay in hospital one night. A physiotherapist will visit you the morning after the surgery when you are in hospital. The drains will be removed on the day after surgery.

Mobilization:

You may need crutches for the first 10 days after the operation. You can take full weight on the leg if you wish. Until the sutures are removed it is best to limit walking to around your house if possible.

Knee wound:

The wounds should be kept dry until the sutures are removed. It is normal for the knee to be swollen. The swelling will decrease over a period of 2 to 3 weeks following the surgery. It should decrease a little each day.

Follow-up appointment:

Your follow-up appointment will be about 10 days after the surgery. At this visit your sutures will be removed.

Photos from the operation:

Several photos will be taken using the keyhole camera. You will get a copy of these with an information sheet. The photos will be discussed with you when you come to your post-op appointment.

Long-term physiotherapy

Specific physiotherapy is not needed for the first 4 weeks following the surgery. The exercises that you were shown in hospital are all that is required. After the 4 weeks however it is important to see a physiotherapist. This will be required for about 3 to 4 months from the time of surgery. It is very important to only carry out activities that are recommended by the physiotherapist. Doing too much too soon may cause problems with the graft fixation.

You should postpone returning to twisting/ pivoting sports for 6-12 months. It has been shown that if you wait 12 months the chances of re-injury are lower. Ask about special return to sports exercises at your 3 month visit.

Questions

You will have a chance to ask questions following the surgery when Dr Chong visits you in hospital and again at your post-op appointment. For emergencies, please contact the Bunbury Regional Hospital Emergency Department on 9722 1000. They will be able to contact Dr Chong if needed.

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