

# PETER HONEY

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Hand & Upper Limb Surgery Knee & Sports Injury Surgery

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## ACL Reconstruction - Post Operative Instructions

1. Pain following an ACL reconstruction is variable and can be significant. Some patients will have more pain than others. You can be provided with a prescription for medication that contains a narcotic. You are not allowed to drive while on medication that contains a narcotic. You should NOT take Panadol when taking panadeine forte (it will result in an overdose). Feel free to take medications such as Ibuprofen or Naprosyn in addition to the pain medicine if you do not have any problems with the NSAID class of medication.
2. Before you leave hospital your dressings will be changed. The new dressings are waterproof. You may shower at that point. You are not allowed to use a spa or go swimming until you have been seen in the office. You can remove the waterproof dressings 10-12 days after surgery and if the wound is dry you can wash over it.
3. You are allowed to put all your weight on the leg and bend your knee, however, you should use crutches for assistance until directed otherwise.
4. Getting the knee straight is your most important goal during the first 72 hours following an ACL reconstruction. Try not to lie down with a pillow under you knee. Instead the pillow should be under your ankle, thus allowing you to push the knee straight down on the bed. This is a very important milestone to achieve before you first post-surgery visit to me.
5. Swelling in the knee is normal following an ACL reconstruction.
6. The area around the knee and along the front of you shin will also become swollen and black and blue.
7. Apply ice to the knee for 15 min every hour or so. You may continue this for as many days as you like.
8. If for any reason you believe you may have an infection or are concerned please feel free to call me. I can be reached on my mobile 24 hours a day.
9. Please call my office with any questions; we will review the surgical findings during your post-operative visit.