

# Recovery after Knee arthroscopy + ACL reconstruction +/- meniscal repair – Mr Rao's patients

1. Full weight bearing is allowed after surgery, unless there is a specific reason to not do so.
2. Remove all dressing and apply new dressings after 48 hours (water proof dressings will be given to you at discharge)
3. All normal day to day activity is encouraged but avoid kneeling or squatting
4. When home, avoid getting the dressings wet till all dressings are changed at 48 hours. **ONLY SHOWERS, NO BATHS, NO SOAKS** till the wound has healed. **NO SWIMMING** till the wound has healed. If the dressing is soaked please change it promptly.
5. Please follow the exercise sheet given at discharge. ***Closed chain exercises – physiotherapist will explain***
6. Post surgery, an appointment will be made for you to see Mr Rao about 1 or 2 weeks after surgery.
7. The sutures are removed between 2 – 3 weeks generally.
8. A full explanation of the findings is done, if possible, after the operation but often you may not remember the details hence a full explanation and any pictures taken will be given to you at the follow up consultation
9. If there is a specific problem that cannot be dealt with then this will be discussed with you at follow up.
10. Light gym activity can start at 6 weeks with generally return to full sporting activity, starting training at 24 weeks.
11. Physiotherapy is designed to protect the graft and get range of motion for the first 6 weeks, at 6-12 weeks to develop muscle strength in a closed chain fashion. All gym activity can start at 18 weeks including open chain activity.
12. The effects of the operation take 6-8 weeks to fade even though you are mobile very quickly. Some clicking, swelling, pain/numbness near the incisions are common and it usually settles with time.
13. Driving is possible as soon as you can handle the car safely, usually 2-3 weeks after surgery. Return to work depends on the work done. Generally office based work may need a 2-3 weeks (avoid rush hours when returning to work) and if

manual work involving kneeling is involved it can take 6 -12 weeks.

14. Meniscal repair patients are in a Knee brace all the time for 3 weeks with ROM – 0' – 90'. After 3 weeks the brace can be worn only when out of home or when if vulnerable up to 6 weeks after surgery.