



Cruciate Reconstruction Instructions for Patients

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Cruciate Reconstruction

Instructions for Patients

1. Wool & Bandage dressing to be changed to doubled elastic dressing prior to discharge. This to be kept dry for 12 days.
Patient will be reviewed prior to day 12 when sutures/ staples will be removed and after, patient can have a shower, getting wound wet.
2. Do not soak in pool, sea or bath for 3 weeks, but shower is fine after day 12.
3. Patient to be encouraged to regain full range of motion, and to walk independently over first 4-6 weeks.
4. After discharge, ring Debbie on 8376 9988 for an appointment for follow-up approximately 12 days after surgery. **Note: patient can not drive** for 4- 6 weeks (once mobilising well) - but if able to work at a desk, could undertake such work at 4 weeks. No manual labour for 3 months.
5. Physiotherapist to see patient prior to discharge, and formal physiotherapy to be started after 12 days.

6. Usually pain improves on a daily basis, but patient to rest at home and slowly do more each day. **If however pain suddenly increases, knee swells or redness or fluid discharges, please contact me ASAP- 8376 9988 or after hours pager available on 8378 2179.**

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