

MATTHEW B. HOWARD

M.B., B.S., (Hons) F.R.A.C.S. (Orth) F.A. Orth.A.

ORTHOPAEDIC SURGEON

Shoulder Arthroscopy, Reconstruction & Joint Replacement Surgery

Hip & Knee Reconstruction & Replacement

Anterior Cruciate Ligament (ACL) Reconstruction Post-Operative Patient Information

You will be admitted for your Anterior Cruciate Ligament repair on the day of surgery. It is possible to be discharged on the same day. Some patients do prefer to stay overnight. A copy of the rehabilitation protocol will be given to you. Please contact your physiotherapist prior to the surgery to organise post-operative physio. A follow-up appointment will be made in my rooms on the day that you are booked for the surgery at approximately the 10-12 day mark.

In general the large bulky dressings should remain on your knee for 2-3 days. The dressings underneath should remain intact until your post-operative follow up appointment. I am happy however, for the bulky dressings to be reduced as per your physiotherapist's instructions following surgery.

Follow up appointments as your rehabilitation progresses for Dr Howard are usually made at approximately the 6 and 12 week mark. Patients can usually return to office work as soon as they are comfortable. Some employers however will restrict the patient's return if their mobility is an issue from a safety point of view. If your official duties are heavy manual labour then it would be reasonable to expect that you will be off work for approximately 8 weeks.

Clearance for contact sport is usually given around the 5 month mark. At this stage it would be reasonable to expect full training to be undertaken with full contact sport be undertaken at 6months.