



Dr. Aryn Rajani

M.S Orth (Gold Medallist)
Consultant Knee, Shoulder & Hip Surgeon
Specialist in Arthroscopy, Sports Injury
& Robotic Joint Replacement

Name: _____

Date: _____

DO's and DON'Ts after ACL+ Complex Meniscus surgery

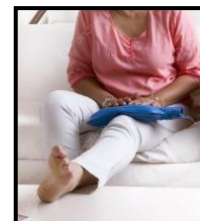
- Always wear the knee brace, except during knee bending exercises, ensuring the straps form a circle above your knee joint.
- Use a walker for non-weight bearing walking until further instructions.
- Apply ice for pain, swelling, and after physiotherapy.
- Ice should only be applied to the front and sides of the knee where bone is felt, 5-6 times a day.
- Apply hot packs 4-5 times a day to the front and back of the thigh, calf, and fleshy parts.
- Change dressing only if there is oozing; sutures will be removed at 15 days.
- Shower or sponge bath allowed, but keep dressing and wound area dry.
- Cover the dressing with a cling drape if showering.
- Do not bend knee beyond 90 degrees until advised.
- Use a stool or chair under your calf when using the commode or sitting with knee immobilizer on.
- Mobilize knees if there is pain instead of resting.
- Take medications as per discharge summary timings.
- Engage in supervised walking 3-4 times a day.
- Use a walker without wheels for assistance until advised otherwise.
- Avoid using a pillow under the knees.
- Expect stiffness in the morning and when beginning to walk; it will subside after a few steps.
- Perform exercises as frequently as possible.
- Ensure the room is well-lit and free of mats to prevent falls.
- Bruising or skin discoloration around the operated site is normal and will subside; ice application helps.
- Contact us if there is bleeding or ooze from the dressing for assistance.



KNEE BRACE WITH BOTH STRAPS



ICE PACKS FOR KNEE



**HOT WATER BAG
FOR THIGHS**



**WALKING
WITH WALKER**

For any other queries, please do not hesitate to contact the OAKS Clinic Team:

Dr. Vishal Kulkarni (Consultant Orthopaedic Surgeon): 9820009337,

Dr. Meenakshi Punamiya (Chief Rehab Specialist), 9619153529,

Feel free to leave a message if we're unavailable, and we'll respond promptly



707, Panchsheel Plaza, Next to Dharam Palace
Hughes Road, Gamdevi, Mumbai- 400007.

Patient Coordinator : +91 88989 75355

Surgery Coordinator: +91 98202 09137



For Appointments

+91 22 23619137 | +91 88989 75355

E-mail: dramrajani@gmail.com

www.dramynrajani.com | www.oaksclinic.net