



Dr. Amyn 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 ($\pm$ Simple Meniscus) surgery

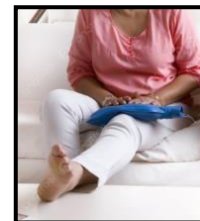
- Always wear the knee brace with both straps directly above your knee joint, except during knee bending exercises.
- Apply ice to the front and sides of the knee, where bone can be felt, 5-6 times daily.
- Apply hot packs to the front and back of the thigh, calf, and fleshy parts 4-5 times daily.
- If experiencing pain, mobilize your knees instead of resting; pain will subside.
- Take medications according to the timings as prescribed in the discharge summary.
- Engage in supervised walking 3-4 times daily.
- Change dressing only if there's oozing; sutures will be removed after 15 days.
- Shower or sponge bath is permitted, but avoid wetting the dressing and wound area.
- Cover the dressing with a cling drape if showering.
- Use a walker for assistance until advised otherwise, without wheels.
- Avoid placing a pillow under the knees.
- Expect stiffness in the morning or when beginning to walk, which will subside with movement.
- Dangle legs while seated to reduce stiffness.
- Perform exercises, including knee bending, as frequently as possible for faster recovery.
- Ensure the room is well-lit and free of mats to prevent falls.
- Bruising or discoloration around the operated site is normal and will resolve; use ice application for relief.
- Contact us if there's bleeding or oozing 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



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For Appointments

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