

## What does the surgery involve?



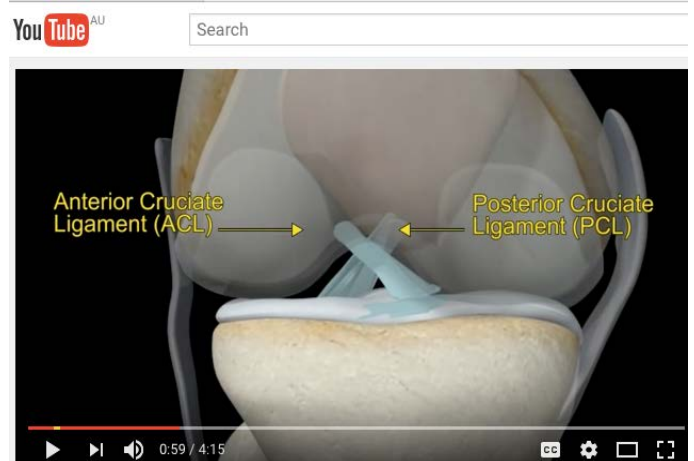
This education leaflet is designed to give you a brief and basic overview of anterior cruciate ligament reconstructive surgery

Every patient, injury and surgeon is different therefore please consult your health professional for further individual detail

Further information related to this topic can be found at:

[semrc.blogs.latrobe.edu.au](http://semrc.blogs.latrobe.edu.au)

For a great visual summary of ACL reconstructive surgery go to the following YouTube® video  
“[ACL Surgery – 3D Reconstruction](#)”



## Main Graft Types

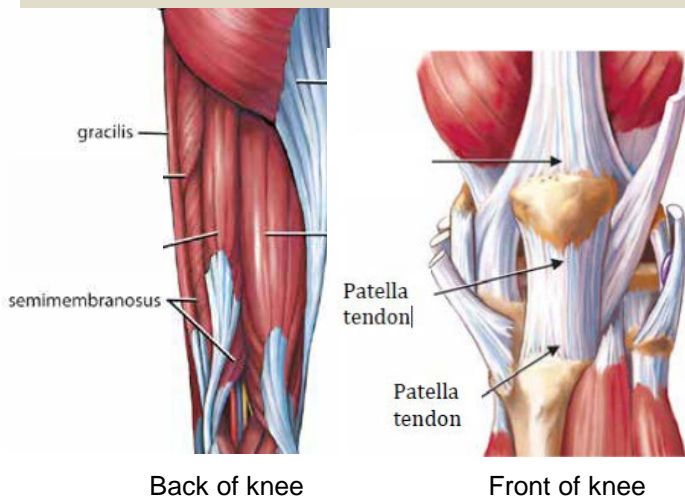
### Autograft

- Tendon comes from you (hamstring or patella tendon)
- Risk of rejection is low due to tissue being native (from you)

### Preference

- Surgeon/patient dependent but outcomes are similar regardless
- E.g. patella may be preferred if previous hamstring injuries

## Hamstring and Patella Tendon Grafts



- Ice, elevation and compression
- Gentle exercise vs rest

## Other injuries

### The difference between meniscus and cartilage

“*Cartilage*” refers to the “articular cartilage,” the smooth protective covering over the bone

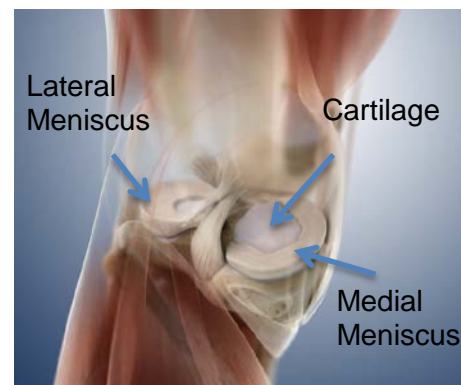
The “*meniscus*” are different types of shock absorbing cartilage. They are the “C” shaped discs that sit inside the knee.

Injuries to the cartilage and/or the meniscus commonly occur at the same time as injury to the ACL.

## Other surgeries

### Repair vs resection

Damage to cartilage or meniscus may be repaired using a variety of fixation methods (stiches/anchors). If this is not possible it may be left, or taken out/“resected”



## What to expect after surgery

### It is normal to experience in the first few weeks:

- Pain, swelling, muscle wastage, stiffness

### You will be given advice about:

- Use of crutches
- Pain medication

## Further information



### Website/Blog

[semrc.blogs.latrobe.edu.au/category/acl](http://semrc.blogs.latrobe.edu.au/category/acl)



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