



ACL RECONSTRUCTION

DAY OF SURGERY

Day: _____ **Date:** _____

THINGS TO EXPECT TODAY

- You will be transferred from the Recovery Room to a room on one of the surgical units.
- The nurse will monitor your vital signs (blood pressure, pulse, respiration, temperature), check the dressing over your incision and the operated leg.
- You will receive pain medication, IV fluids and IV antibiotics.
- The operative leg will be in an immobilizer
- A physical therapist will show you how to use crutches and other techniques.
- A device called a CPM machine (Continuous Passive Motion) will be applied to the affected leg 3 times a day for 1 hour. This machine will gently bend the knee back and forth.
- You will have an ice bag on your legs at various times.

Things To Do Today

Read the section in your information packet on Going Home.



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Think about questions you have about going home. Write them down so that you remember to ask them.

- Do the coughing and deep breathing exercises every 2 hours while awake.
- Use the incentive spirometer at least 10 times every hour you are awake. How high did you get the incentive spirometer this time? _____
- Get out of bed with the nursing staff's help. If you feel up to it, you can walk around.
- Ask your nurse about your pain management program. You will be asked to rate your pain before and after taking pain medication to make sure you are comfortable.
- Ask to speak with the social worker if you have questions about your discharge.

DAY OF DISCHARGE

Day: _____ **Date:** _____

THINGS TO EXPECT

- The IV and drain will be discontinued.
- Staff will review discharge instructions.
- You will receive any needed prescriptions.



Things To Do Today

- Wash up.
- Look at your incision so that you can report any changes, such as redness, drainage or swelling to the surgeon.
- Review the information in the Patient Guide on “When to Call the Doctor.” These are possible danger signs that need to be reported to the doctor.
- Take pain medication as prescribed and needed. You will be asked to rate your pain before and after taking pain medication so the staff can make sure you are comfortable. Remember to tell the nurse.
- Find out when you need to return for a follow-up visit with the surgeon.
- Review the discharge plan with the nurse and sign it. Ask any remaining questions.