

ACL SURGERY CHECKLIST

Before Surgery

- You make sure you have worked on regaining your strength and mobility in your knee before surgery
- You know the date of your surgery
- You have made arrangements with work/school that you will be missing time
- You have obtained your crutches, your post-op hinged knee brace, your ACL brace, and a cold therapy unit (if you purchased one)
- You have stopped drinking liquids and eating food at midnight prior to surgery
- You have seriously considered a smoking cessation program if you are a smoker

Day of Surgery

- Bring your health card
- Wear loose clothing – the post-op brace will be placed on your knee in the Operating Room
- Bring your post-op hinged knee brace and crutches to the hospital
- Bring all medications that you take on a regular basis (or a list) with you to the hospital
- If you have sleep apnea, bring your CPAP machine to the hospital
- Since you are going home the same day as your surgery, you have someone who will take you home and stay with you for at least 24 hours after surgery

After Surgery

- A follow-up appointment will be scheduled within 10-14 days after surgery
- You can make arrangements for formal physiotherapy within 7-10 days after your surgery
- You understand the importance of following the recommended rehabilitation program and you understand that you should not return to high risk activities until your strength and neuromuscular control are close to normal in your leg