


## Patient Pathway for an Anterior Cruciate Ligament (ACL) Reconstruction

Care	First Visit with Surgeon	Before Surgery	Day of Surgery	Operating Room	Recovery Room	Post-Surgery Day Ward	Discharge
<b>Fluid and Nutrition</b>		→ <b>Nothing</b> to drink or eat after midnight the day before surgery	→ <b>Nothing</b> to drink or eat before surgery			→ Diet as tolerated	
<b>Activity</b>	<ul style="list-style-type: none"> <li>→ Modify activity to avoid more injury to the knee</li> <li>→ Avoid high-risk activities</li> <li>→ Review injury prevention</li> <li>→ Surgeon's office confirms day/time of surgery. Given Day Surgery's phone number</li> <li>→ Bring "Blue book" on the day of surgery and to all appointments</li> </ul>	<ul style="list-style-type: none"> <li>→ Book physio information/teaching session once surgery date confirmed</li> <li>→ Report any cuts, scratches, pimples, ulcers or insect bites to your surgeon before surgery</li> <li>→ Day before surgery: call Day Surgery to confirm day/time of surgery</li> </ul>	<ul style="list-style-type: none"> <li>→ Arrive at hospital you are having surgery and at the expected time</li> <li>→ Give Blue Book to nurse</li> <li>→ Give name and number of contact for ride home</li> </ul>	→ Hair around surgical site shaved		<ul style="list-style-type: none"> <li>→ Family updated about surgery</li> <li>→ Discharge time given</li> <li>→ Ride home contacted and told pick-up time</li> </ul>	<ul style="list-style-type: none"> <li>→ Discharged home</li> <li>→ Responsible adult will stay with you for first 24 hours</li> </ul> 
<b>Medication</b>		→ Bring regular medicine for after surgery	<ul style="list-style-type: none"> <li>→ Pre-surgery medicine given</li> <li>→ IV started</li> <li>→ IV antibiotic given</li> </ul>	→ IV antibiotic given	→ Pain medicine given as needed	<ul style="list-style-type: none"> <li>→ Discharge prescription(s) given</li> <li>→ Take regular medicine as usual</li> </ul>	→ Take pain medicine as prescribed
<b>Treatment and Discharge Plan</b>	<ul style="list-style-type: none"> <li>→ Exam to make decision about surgery</li> <li>→ Follow-up with physiotherapy and other specialists as needed</li> <li>→ Sign consent and complete pre-surgery paperwork</li> <li>→ Given ACL Surgery Patient Education Package</li> </ul>	<ul style="list-style-type: none"> <li>→ Go to pre-surgery physio information/teaching session</li> <li>→ Book your first follow-up physio appointment for 7 to 14 days after surgery. Write date, time, and place in Physiotherapy section on the back cover of the Blue Book.</li> <li>→ Arrange for a responsible adult to stay with you for first 24 hours after surgery</li> <li>→ Arrange for ride to and from hospital</li> </ul>	<ul style="list-style-type: none"> <li>→ Assessment done</li> <li>→ Vital signs taken</li> <li>→ You will be asked to make a mark on the knee to be operated on</li> <li>→ Meet surgeon before surgery. Have any questions answered</li> <li>→ If you are from out-of-town and haven't been to a physio information/teaching session, nursing will arrange for you to see physio</li> </ul>	→ Surgeon confirms and marks site of surgery	→ Medicine given for pain as needed	<ul style="list-style-type: none"> <li>→ IV taken out</li> <li>→ Ice pack to knee</li> <li>→ Nurse fills out Blue Book and reviews with you</li> <li>→ Nurse/physio reviews crutch walking safety</li> </ul>	→ Follow-up phone call from Day Surgery