

Trauma & Orthopaedic Directorate

Anterior Cruciate Ligament Surgery

YOUR STAY IN HOSPITAL

SURGERY CHECKLIST

You will need to bring an over-night bag into hospital that includes **shorts** and a sturdy pair of **trainers or shoes**.

ON ADMISSION

On admission to the ward nursing staff will ensure you are familiar with equipment that will be used during your stay.

This includes:

- **Cryo-cuff** - a wrap-around compressive cold pack
- **AV Boots** - inflatable boots to help your circulation

Your physiotherapy assessment will include familiarising you with the correct use of **elbow crutches** and checking range of movement of your knee.

The surgeon and anaesthetist will see you prior to surgery as appropriate.

DAY OF SURGERY

Following the surgery you will have a bandage on your knee. You will also have a **cryo-cuff** around the knee and **you will have AV boots** on your feet.

Nursing and other staff will make regular observations of your temperature and pulse, and will monitor your exercises, medication intake and pain control. You may receive anti-inflammatory drugs and pain relief as appropriate.

Your **dressings** will be changed and your knee will require an **x-ray** prior to discharge. The **cryo-cuff** may be removed and ice packs will be applied regularly. Your **AV boots** will remain in place unless you are walking around.

When will I be discharged from hospital?

Most patients remain in hospital for 1 night and discharged the day following the surgery. Sometimes it is possible to be discharged on the day of surgery.

Goals necessary before discharge include :

- Have extension equal to your opposite leg
- Have **flexion of at least 90°** on the operated leg
- Be able to **lift your leg** on your own when asked
- Be **walking safely** with crutches and have practised going up and down stairs with a Physiotherapist
- Understand the **home instructions** for the next week

IF YOU HAVE NOT ACHIEVED THESE GOALS, YOUR DISCHARGE MAY BE DELAYED.

On **discharge** the Nursing staff will give you:

- medication as appropriate
- A letter for your GP
- A sick certificate if required
- Written instructions regarding removal of stitches, further appointments etc.
- You will be discharged with Tubigrip on your leg. You should keep this during the daytime until advised by your Physiotherapist.