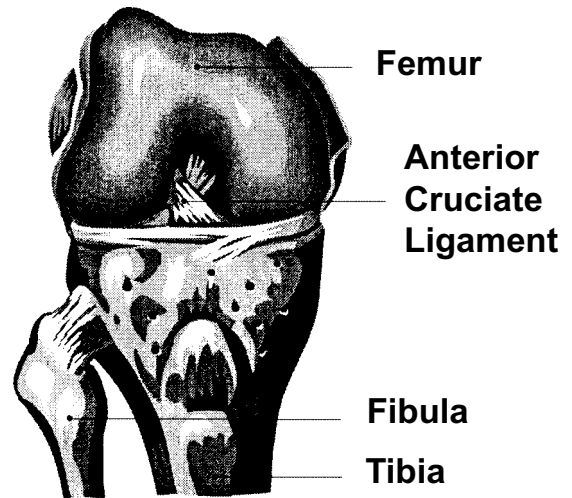


Anterior Cruciate Ligament Surgery



**The Delta Hospital
5800 Mountainview Blvd.,
Delta, BC V4K 3V6**

This pamphlet is meant to provide you with health information. It does not take the place of services supplied by a healthcare professional.

Special Acknowledgement to
Richmond General Hospital

Patient Name:

**Bring this pamphlet with you
whenever you come in.**

What should I organize before my surgery?

Your doctor may tell you to arrange the checked items before your surgery.

- Call 604-940-3442 for a Physiotherapy appointment. We are located in the Physical Medicine Department at Delta Hospital.

 *Appointment date and time.*

- Buy a knee brace. Your doctor will tell you where you can buy one.



- Buy an ice compression device. This is used to decrease pain and swelling. You can buy or rent the device from The Harvest Drive Pharmacy, 100 - 4515 Harvest Drive, Ladner. Phone 604-946-5220. **Please bring this ice compression device to the hospital with you the day of your surgery**

- Buy medications for inflammation, pain, and/or nausea. Discuss any allergies with your doctor (surgeon).

* Make sure you arrange for a responsible adult to take you home. This person should drive you home and stay with you overnight.



How should I prepare for the day of the surgery?


Your doctor will give you instruction on what you need to do.


FOLLOW-UP CARE

A nurse from Surgical Day Care will call you the day after surgery to see how you are.

Call your surgeon's office the day after surgery to make an appointment.

Arrange a follow-up appointment with Physiotherapy. You want an appointment about 10 days after your surgery.

 *Doctor's appointment* _____

 *Therapy appointment* _____

Call your doctor if any of the following occurs:

- Pain does not go away or gets worse.
- Pain relievers are not helping
- Pain in your calf, difficulty moving your toes/ankles up and down.
- Bleeding from your surgical wound that does not stop.
- Numbness, tingling, coolness, or change in colour of your leg or foot.
- Swelling in your operated leg or foot that gets worse or does not go away.
- Yellow or green drainage from your operated knee.
- Chills or fever over 38.5°C (101.3°F) by mouth.
- You can not urinate after you have been home about 10 hours.
- You are not able to drink anything for 24 hours because you feel too sick.
- You can not stop being sick to your stomach (vomiting).

Do I need to eat a special diet?

Eat small meals for the first 24 hours. Then eat as you would normally. Make sure that your diet includes foods high in fibre such as bran, whole grain, fruits, and vegetables.



Drink 6 to 8 glasses of water and/or juice each day.

What about going to the bathroom?

You should urinate (empty your bladder) six to eight hours after the surgery if you do not go before you leave the hospital.



If you can not urinate and your bladder hurts:

- put warm washcloths on you lower abdomen, or
- pour lukewarm water over you genitals

Either of these actions help your body to relax and let the urine come out. If you are still having problems, go to the Emergency Department.

Your bowel movements may be effected by the medicines you are taking. This also happens with not moving your body around as you usually do. Prevent constipation by drinking fluids and eating food as we have outlined. Talk to your pharmacist about taking an over-the-counter laxative if you feel you need one.

SURGERY DAY

What happens to me right after surgery?

You move from the Operation Room to the Recovery Room then back to Surgical Day Care.

You will have the ice compression device on your knee.

You need to let us know if you are having pain or feel sick to your stomach. Also, let us know if you notice any numbness, tingling, or coolness in your operated leg.

Your foot or leg may look pink in colour. This is because it is washed with pink-tinged antiseptic in the Operation Room.

WHEN YOU GO HOME

How should I deal with pain or discomfort in my knee?

Your knee will feel uncomfortable for a few days. This is normal. The pain will get less over time.

Rest with your knee higher than the level of your hip. You can do this by putting a pillow under your knee and lower leg.

Put an ice bag or an ice compression device on your knee as instructed. The cold helps take the pain and swelling away.



Walk around your home only when you need to the first day or so. Use crutches.

When should I take my pain reliever?

Take your pain reliever regularly every few hours for the first two to three days. Follow the instructions on the bottle. This will tell you how often you can take a pain reliever.

Then take the pain reliever as needed after those first few days. Lengthen the time between pain relievers as your pain gets less. Most pain medications work best if you take them **before** the pain becomes too strong.

If you only have pain when doing certain activities:

- Take the pain reliever about 30 minutes before the activity.

Stop taking the medication immediately and call your doctor if you get a rash or any swelling of your face or mouth.

How should I take care of my operated knee?

Your knee may be uncomfortable and swollen. This is normal.



Keep your leg raised above the level of your hip when sitting or lying down. Go see your doctor if the swelling gets worse.

The sensation of “splashing” of the fluid in the knee is normal. This slowly disappears.

You will have an elastic bandage on your knee. Take it off and put it back on two to three times a day. It is wrapped too tight if you feel numbness or tingling in your foot. Loosen the elastic bandage and the padded bandage underneath.

Do not uncover the wound itself. Your doctor will take the bandage off at your next appointment.

If you notice any bleeding, apply pressure for 10-15 minutes until the bleeding stops.

You need to get the bandage changed if it gets soaked. Call your doctor and arrange to have the bandage changed.

Can I shower or bathe?



Do not shower or bathe until your doctor tells you it is okay. You can sponge bathe until then.

The bandage covering the wound on your knee must be kept dry.

If your bandage gets wet, it must be changed to prevent infection.

Call your doctor's office to arrange a bandage change, or go to the nearest Emergency Department.

What activities can I do?

Do the exercises given to you by the physiotherapist.

Use crutches for walking. Follow weight-bearing instructions for your operated leg.



When moving on or off the bed or couch:

- Help your operated leg by putting your other leg under it for support.
- Hold your operated leg at the calf and lift your leg with your hands or the opposite leg.