

**CONTACT YOUR DOCTOR IMMEDIATELY
OR GO TO EMERGENCY IF THE
FOLLOWING OCCUR:**

- Numbness
- Coolness
- Change in skin color
- Severe pain or bleeding
- Red streaks appear on the operative leg
- Fever
- Drainage from the wound

DISCHARGE INSTRUCTIONS

ARTHROSCOPIC ANTERIOR CRUCIATE LIGAMENT REPAIR

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Langley Memorial Hospital
Surgical Services



Description of Procedure

An arthroscopy is the visual examination of a joint with a fiberoptic lens called an arthroscope. The surgeon makes tiny skin incisions along the joint through which the arthroscope and other pencil-sized instruments are inserted. By attaching the arthroscope to a miniature television camera, the surgeon is able to see the inside of the joint.

An anterior cruciate ligament (ACL) injury is a tear in the ACL ligament. The ACL is located in the middle of the knee joint and connects the lower leg bone to thigh bone and prevents the leg bone from sliding too far forward at the knee, which causes instability. An *Arthroscopic ACL Repair* is the surgical repair of this torn ligament through an arthroscope.

ACL Repair Discharge Instructions

- Elevate the operative leg as much as possible after surgery. Icing the knee for 15-20 minutes at a time will help to reduce pain & swelling
- Use crutches until instructed otherwise by your surgeon or physiotherapist
- Your knee will be wrapped with a dressing. Your surgeon will give you specific instructions as to when you may remove the dressing. Do not get the incision wet until permitted by your surgeon
- Start range of motion and quadriceps exercises as directed by your physician and physiotherapist, as comfort allows
- You should take pain medication as prescribed and instructed by your surgeon.
- See your surgeon for follow-up as directed