



ACL Reconstruction

BioRCI-HA[®] bioabsorbable screws from Smith & Nephew are used to anchor tissue grafts and hold them in place.

In ACL reconstruction, the torn ligament is replaced with a graft, either from the patient's own body or with donor tissue. The tighter and more secure the graft, the better the result will be for the patient in the long term. New technology has made tighter, more secure grafts possible.

Grafts may be taken from the patient's hamstring, quadriceps, or patella (kneecap) tendon. Donor or cadaver (allograft) tissue may also be used. Screws or other fixation devices anchor the graft and hold it in place.

Preparation for Arthroscopic Knee Surgery

Preparation for your surgery begins weeks and sometimes months before the surgery date. Here are just a few events and considerations you may experience:

1. **Initial Surgical Consultation.** Preoperative X-rays, a complete medical history, a complete surgical history, and a complete list of all medications (i.e., prescription, over-the-counter, vitamin supplements) and allergies will be reviewed.
2. **Complete Physical Examination.** Your surgeon will perform a physical examination and determine if your internist or family physician should assist with optimization of medical conditions prior to the surgery. This will ensure that you are in the best physical condition possible on surgery day.
3. **Physical Therapy.** In some cases, instruction in an exercise program to begin prior to surgery, as well as an overview of the rehabilitation process after surgery, will better prepare you for postoperative care.
4. **Preparation for Surgery.** You may want to wear loose-fitting clothes or sweat pants, and also bring crutches. You should bring your insurance information and a list of all your medications and dosages as well as drug allergies. You will need to arrange for someone to drive you home.
5. **Evening Before Surgery.** Do not eat or drink after midnight. Your surgeon or anaesthesia provider may recommend that you take some of your routine prescription medications with a sip of water.

This is a brief overview of the activities that typically occur on your surgery day:

1. You will be admitted to the hospital or surgery centre.
2. Your vital signs, such as blood pressure and temperature, will be measured.
3. A clean hospital gown will be provided.
4. An IV will be started to give you fluids and medication during and after the procedure.
5. All jewellery, dentures, contact lenses, and nail polish must be removed.
6. Your knee will be scrubbed and shaved in preparation for surgery.
7. An anaesthesia provider will discuss the type of anaesthesia that will be used.
8. Your surgeon will confirm and initial the correct surgical knee and site.

Postoperative Care / Rehabilitation

Postoperative Care

After surgery, you will be transported to the recovery room for close observation of your vital signs and circulation. You may remain in the recovery room for a few hours.

When you leave the hospital, your knee will be covered with a bandage, and you may be instructed to walk with the assistance of crutches. You also may be instructed to ice or elevate your knee.

Your surgeon will likely provide further details regarding postoperative care for your specific procedure.

Rehabilitation

Steps for rehabilitation following an ACL procedure vary from physician to physician. To learn what activities will be involved in your own rehabilitation, consult your orthopaedic specialist.