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Preparing  
for  
**ACL Reconstruction**

**Risks of Surgery**

- Infection
- Bleeding
- Damage to nerves, arteries, veins
- Need for additional surgeries
- Stiffness
- Clotting
- Continued pain
- Re-tear of ACL

**Surgical Center**

- Once your surgery is scheduled, the surgical center will contact you the day before and let you know when to arrive at the hospital.
  - If needed, please ask the representative for directions at that time.
- No eating or drinking after midnight the night before your surgery.

**Physical Therapy**

- It is your responsibility to have a physical therapy (PT) appointment scheduled after your first post-operative appointment (~10 days).
  - You should schedule this appointment in advance.
  - Dr. Tabaddor's PT protocol is included in this folder. Please bring it to your physical therapist.
- We can offer a list PT of locations.

**Medical Equipment**

- You will be given the appropriate medical equipment (i.e. crutches, knee immobilizer) for your specific surgery at your pre-operative visit.
- You may want to consider purchasing an ice machine (Polar Care).
  - This is not covered by insurance and costs \$250.
  - If you decide to buy this, please remember to bring the pad with you to the hospital so that it may be applied immediately after surgery.

**School/Work**

- Please let us know if you will be needing a note to excuse your absence from school or work.

**Medications**

- You will be given a prescription for narcotic pain medication on the day of your surgery.
  - Narcotics can constipate. Increase dietary fiber and take Colace 100mg twice daily (over the counter medication) while taking pain medications.

**Billing Questions**

- Please direct any questions regarding billing to 401.443.4111.