# Patient Pathway for an Anterior Cruciate Ligament (ACL) Reconstruction

## Fluid and Nutrition
- **Before Surgery**: Nothing to drink or eat after midnight the day before surgery
- **Day of Surgery**: Nothing to drink or eat before surgery
- **Operating Room**: Diet as tolerated
- **Discharge**: Discharged home

## Activity
- Modify activity to avoid more injury to the knee
- Avoid high-risk activities
- Review injury prevention
- Surgeon's office confirms day/time of surgery. Given Day Surgery's phone number
- Bring "Blue book" on the day of surgery and to all appointments

## Medication
- Bring regular medicine for after surgery
- Pre-surgery medicine given
- IV started
- IV antibiotic given
- IV antibiotic given

## Treatment and Discharge Plan
- Exam to make decision about surgery
- Follow-up with physiotherapy and other specialists as needed
- Sign consent and complete pre-surgery paperwork
- Given ACL Surgery Patient Education Package

## Pilot April 2012 to September 2012