

Checklists

Objective

It's useful to have your important questions and information written down when you meet with your surgeon. One checklist in this section of the CD-ROM has questions that ACL patients frequently ask their surgeons. Another checklist has key pieces of information that patients should give to their surgeons prior to having ACL surgery. After viewing the checklists below, you can check off the items you consider most important, print out the checklists, and bring them with you when you go to your surgeon's office. Add any additional questions or information you may have.

Printable checklist of questions to ask and information to give to surgeon

Questions to Ask Your Surgeon Prior to ACL Surgery

What can I do before surgery to hasten my recovery?

At what time of day will my surgery be scheduled?

Will my surgery be an inpatient procedure or an outpatient procedure? What are my options for anesthesia and which option do you recommend for me? Will I need to fast before surgery? What sounds will be audible in the operating room while I am under anesthesia? Can I meet with the anesthesiologist before the day of surgery? Can I view a copy of the surgery informed consent document before the day of surgery?

What will be the basic sequence of events for my surgery?

What surgical graft type do you recommend for me and why?

What are the complications associated with each of the different graft types?

Where and how big will my scar(s) be?

Are my growth plates closed? What are the potential complications if my growth plates are not closed?

What type(s) of pain medications will I be given? Will I be given antibiotics after surgery? Can you give me the prescription before surgery?

Will I be supplied with any devices or equipment such as crutches or a cryotherapy system after surgery?

When and how often will I see you after surgery?

Where will I do my rehabilitation?

How soon after surgery will I begin rehabilitation?

How long will my rehabilitation last?

What will my rehabilitation protocol be?

How long will I be on crutches?

How long after surgery before I can drive?

Can I get a disabled parking permit? When can I reasonably expect to return to work/school given my activities, responsibilities, roles, commitments, and current mode of transportation?

What steps are taken after surgery to minimize the risk of infection?

What are the signs and symptoms of infection after surgery?

What is the risk of sustaining a blood clot after surgery?

What steps are taken after surgery to minimize the risk of blood clots?

What are the signs and symptoms of blood clots?

What is the likelihood of experiencing some bruising as a result of surgery?

How long would any bruises be likely to last and what can I do to minimize bruising after going home?

What other potential postoperative complications should I be aware of?

Print out this check list and take it with you to the next visit with your surgeon.

Information to Give Your Surgeon Prior to ACL Surgery

Your goals and plans for future sport and physical activity involvement.

Any medications, vitamins, and herbal remedies you are currently taking.

Whether you smoke.

Previous surgery and anesthesia experiences you have had (especially if you had any difficulties).

Any allergies or sensitivities you have.

Any home or work circumstances that might complicate your surgery and rehabilitation.

Write this information down and bring it to your surgeon prior to ACL surgery.