

# ACL Surgery Checklist

## Objective

Once you get to the evening before surgery, the hard work of preparing for surgery is done and the waiting is nearly over. At this point, there are a few things you can do to make the day of surgery go smoothly:

### Printable Checklist of Tips/Suggestions for the Day Before/of/After Surgery

If you are scheduled for an inpatient procedure and will be staying overnight in the hospital after your surgery, be sure to pack toiletries, pajamas, a robe, and any prescription medications that you normally take.

Confirm your arrangements for transportation to and from surgery.

If you have been given fasting instructions (such as “no eating or drinking” after a certain hour), follow them to the letter! Failing to adhere to the instructions can result in the cancellation of surgery.

Listen to the preoperative guided imagery session on this CD-ROM to help you calm your nerves or sleep at night.

Leave your cash and jewelry at home when you go to have surgery.

Bring very loose fitting clothes to wear home after surgery. Depending on the weather and your clothing preferences, possible attire might include shorts, oversize sweatpants with zippered legs, breakaway basketball warm-up pants, a floppy dress, or a jumper.

Trust your medical team to do its job and do it well.

***Print out this checklist and use it to make sure you are all set for surgery!***