Preparing for Your ACL Surgery

Schedule Your Physical Therapy

- As soon as you have a surgery date, call to schedule your therapy visits. Have your calendar available to schedule visits:
  - Before surgery for an evaluation
  - 5 to 7 days after your surgery date
  - 2 to 3 times each week for at least the few weeks after your surgery.
- You should plan to attend physical therapy 2 to 3 times each week for at least the first 2 months after surgery.
- Call to schedule at the Sports Medicine and Rehabilitation location that will be most convenient for you. Sites include:
  - Martha Morehouse Medical Plaza, 2050 Kenny Road, Suite 3100 Pavilion, Columbus OH, 614-293-2385
  - Downtown, 21 East State Street, Columbus, OH, 614-366-3600
  - Stoneridge, 3900 Stoneridge Lane, Dublin, OH, 614-366-9324
  - CarePoint Gahanna, 920 South Hamilton Road, Gahanna, OH, 614-293-7600
  - Grove City YMCA, 3600 Discovery Drive, Grove City, OH, 614-293-1068
  - Hilliard YMCA, 6048 Woodview Way, Hilliard, OH, 614-293-6384
  - CarePoint Lewis Center, 6515 Pullman Road, Lewis Center, OH, 614-293-1008

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The earlier you schedule, the more likely it is that you will get the dates and times you want. Many of our patients are planning their visits up to a month in advance.

Physical Therapy Evaluation
During your physical therapy evaluation before your surgery, the therapist will:

- Check your physical limits before surgery.
- Teach you some exercises to better prepare you for surgery and help your recovery go more smoothly.

If you are a smoker or use other tobacco products, quit.

- Quit at least 4 weeks before and up to 8 weeks after surgery to help your wounds heal more quickly and reduce your risk of infection.
- Talk to your doctor about help to quit tobacco use. For tips on quitting, read the handout, How to Quit Smoking.

Two Weeks before Surgery

Medicines:

- Do not take any herbal medicines or supplements for 7 to 14 days before surgery.
- Do not take non-steroidal anti-inflammatory drugs (NSAIDs) for 7 to 10 days before surgery. These would include medicines like naproxen (Aleve) and ibuprofen (Advil or Motrin).
- Stop any medicines you take to thin your blood or to prevent blood clots 7 days before surgery. These medicines include:
  - aspirin
  - clopidogrel, brand name Plavix
  - prasugrel, brand name Effient
  - ticagrelor, brand name Brilinta
  - warfarin, brand name Coumadin
- enoxaparin, brand name Lovenox
- dabigatran, brand name Pradaxa

**If you have a stent, do not stop taking your medicines to prevent clots** without first talking to the doctor who put in the stent. Read the handout, [Protect Your Stent](#), to learn more.

- If you take insulin for diabetes, you may need to stop or change your dose before surgery. Talk to your doctor who manages your diabetes to see how you should adjust your insulin the day of surgery.

- Talk to your doctor if you have any questions about your medicines before your surgery.

**Care of your knee until surgery:**

- **Each day, do the home exercises** you received from your physical therapist.

- Do not lose your knee range of motion.

- Keep your thigh muscle working. When you squeeze it, the muscle should move the kneecap up.

- Manage any knee swelling with ice, wraps and elevation.

- Use crutches or a brace if you have been instructed to do so. Limping around will not help you, so use the support to help you get around more easily.

**Ask a family member, friend, or roommate for their help before your surgery:**

You will need them to:

- Take you to and from the hospital on your surgery date. You may not leave the hospital without an adult to take you home.

- Get your medicines from the pharmacy.

- Help set up your living space so you have safe and easy access to your bed, the bathroom, food and water, your medicines, phone and other needs.

- Help you get your immobilization brace on and off to do your exercises and use the Cryocuff to ice your knee.
Other care:
- Do not shave anywhere from the neck down for at least 48 hours before the day of surgery.

The Night before Surgery
- Do not eat, drink, or smoke anything after midnight on the night before your surgery. This includes no gum, breath mints or candy.
- Remove any nail polish you have on. If you have any body piercings, remove them.
- Shower using the CHG soap you were given at your doctor’s office. Read the handout, Getting Your Skin Ready for Surgery, for instructions.

The Day of Surgery
- Take another shower with the CHG soap you got from the doctor’s office.
- Do not put anything on your skin such as makeup, lotions, perfume or cologne.
- Do not wear contact lenses to the hospital. Wear your glasses instead.
- Brush your teeth and rinse your mouth, but do not swallow anything.
- Wear casual, loose-fitting clothing to the hospital.
- Bring these items with you to the hospital:
  - A photo ID such as your driver’s license.
  - Insurance card.
  - Co-pay for insurance if needed.
  - A list of all medicines you are currently taking with the dose times that you take them. You will give this list to the nurse.
  - Crutches or walker if needed.
  - Case for dentures, glasses and hearing aids if worn. You will need to remove these items before surgery.
• Leave all other valuables at home. These may include your wallet, purse, cell phone and any jewelry such as body piercings, watches or rings.

**Medicines:**

• Take your medicines the morning of surgery with a sip of water as instructed by your doctor. These may include:
  
  ▶ All heart and blood pressure medicines, except diuretics (water pills), ACE inhibitors and digoxin (unless it is used for irregular heartbeat called atrial fibrillation).
  
  ▶ All breathing medicines, including inhalers.
  
  ▶ All anti-seizure medicines.
  
  ▶ All heartburn or gastric reflux medicines, except antacids like Maalox or Mylanta.

**If you take medicines for diabetes:**

• Check your blood sugar the morning of your surgery. If it is above 250 or less than 70, call your doctor for more instructions. High or low blood sugars may result in a delay or cancellation of your surgery that day.

• **Do not take your diabetes pills the morning of your surgery.**
  
  ▶ If your surgery is done before noon and you are able to eat and drink, take your morning diabetes medicine after your surgery.
  
  ▶ If your surgery is done after noon and you are able to eat and drink, take your diabetes medicine at the next scheduled time. You will skip your morning dose.

• Check your blood sugar at least 4 times each day for the next 1 to 2 days after your surgery.
  
  ▶ Follow the directions from your doctor to adjust your insulin the day of surgery.
  
  ▶ For more information, read the handout, [Diabetes Medicines before Tests or Surgery](#).
Time to Arrive at the Hospital

You will get a call from the hospital the day before surgery to give you the time of the surgery. The time may be different than you were told at first. You will also be told when you should arrive at the hospital to get ready for your surgery.

Special note if using GPS to locate University Hospital East

The address of the hospital is 1492 East Broad Street, but the hospital is located on the north side of East Broad Street on Taylor Avenue, between Hawthorne Avenue and Phale D. Hale Drive.

Some patients have reported that the hospital address on their GPS unit takes them to East High School. Please refer to the map and driving directions or call 1-800-293-5123 for recorded directions.

If you have questions

If you have any questions about your surgery, or if you have an infection and need to cancel your surgery, call your doctor’s office:

Dr. Bishop.................................................................614-293-0694
Dr. Chicorelli...............................................................330-202-3420
Dr. Flanigan...............................................................614-293-2413
Dr. Jones...............................................................614-293-8293
Dr. Kaeding .............................................................614-293-8813
Dr. Magnussen............................................................614-366-9324
Dr. Miller...............................................................614-688-7160
Dr. Najarian.............................................................614-366-2716
Dr. Sharkey.............................................................614-293-2663