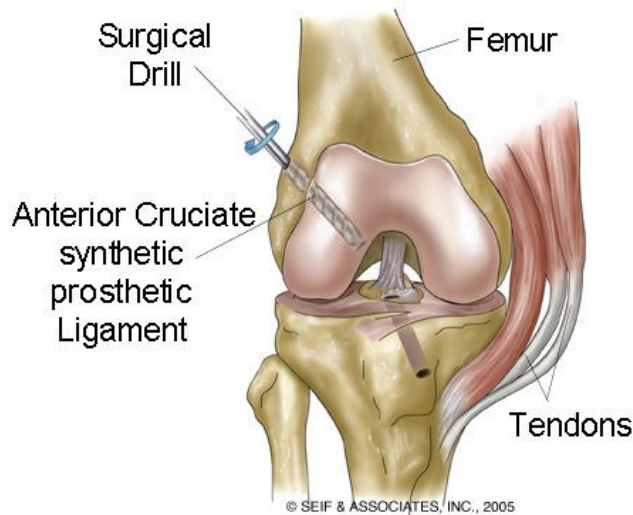


SURGICAL COMPLICATION

- Bleeding and blood clot
- Continued knee pain
- Infection
- Knee stiffness or weakness
- Loss range of motion
- Improper healing if graft is rejected



AFTER THE PROCEDURE

Once you recover from the anesthesia, you'll be allowed to go home later that same day.

Before you go home, you'll practice walking with crutches, and your surgeon may ask you to wear a knee brace or splint to help protect the graft.

To reduce swelling and pain in the days immediately following your surgery, follow the R.I.C.E. model of self-care at home:

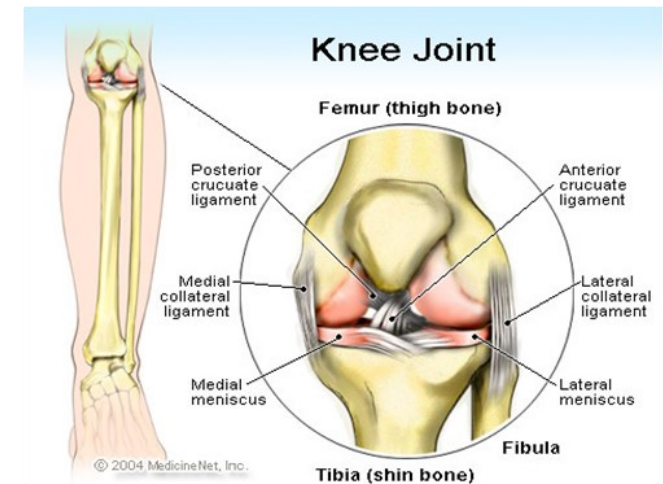
- **Rest.** General rest is necessary for recovery after surgery. Follow your surgeon's advice on how long to use crutches and limit weight-bearing on your knee.
- **Ice.** When you're awake, try to ice your knee at least every two hours for 20 minutes at a time.
- **Compression.** Wrap an elastic bandage or compression wrap around your knee.
- **Elevation.** Lie down with your knee propped up on pillows.

ACL RECONSTRUCTION IS GENERALLY RECOMMENDED IF:

- You're an athlete and want to continue in your sport, especially if the sport involves jumping, cutting or pivoting
- More than one ligament or the cartilage in your knee is injured
- You're young and active
- The injury is causing your knee to buckle during everyday activities.



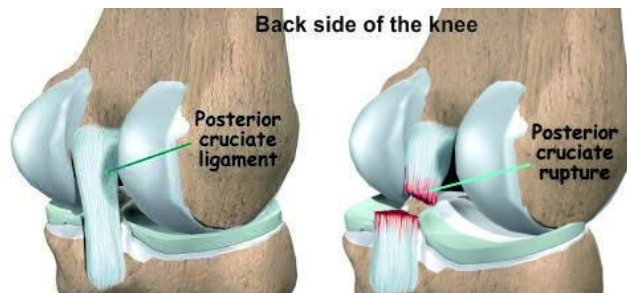
Patient Information Leaflet



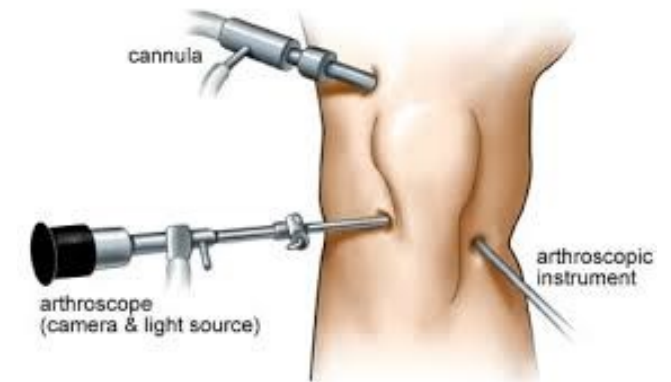
ACL / PCL RECONSTRUCTION SURGERY

INTRODUCTION

The ACL/PCL is a tough band of tissue joining the thigh bone to the shin bone at the knee joint. It controls front to back and, most importantly, pivoting or twisting movement.



- ACL/PCL surgery is usually done by making small incisions in the knee and inserting instruments for surgery through these incisions (Arthroscopic surgery)
- A tunnel will be drilled through the tibia and femur at the anatomic positions of the ACL / PCL.
- The tendons will be passed through these tunnels and anchored in place with specialized implants (screws and buttons) to provide fixation to your new ligament.
- All your wounds will be closed using a combination of normal and dissolving sutures.



SURGERY OVERVIEW

- ACL/PCL reconstruction surgery uses a graft to replace the ligament
- The most common grafts are using part of your own body, such as the tendon of the kneecap (patellar tendon) or one of the hamstring tendons.

