**ACL Prep Class Agenda**

**Introduction**

**6:15 – 6:20pm**

**Pre-Operative Care/Concerns**

**6:20 – 6:35pm**

Patient Goals

Home/Schedule Preparation

Needed Product Purchases

**Surgical Procedure**

**6:35pm – 6:50pm**

Repair vs. Reconstruction

Nerve Block

Signs & Symptoms of Infection

Brace

**Post-Operative Care**

**6:50pm – 7:05pm**

Pain & Swelling Control

Protocol

Sleep, Shower, Stairs, Stool Softeners

School/Classes

Psychological vs. Physical

**Questions**

**7:05pm - 7:15pm**