**Anterior Cruciate Ligament (ACL) Reconstruction – Mr Gordon (Harpenden)**

\*\*\*\*\*Keep waterproof stockinet from arthroscopy procedure pack\*\*\*\*\*

Antibiotics: IV on induction

Tourniquet: Thigh, Kimberly – Clarke blue wrap, sealed with Leukoplast, sterile 6 inch Esmarch, 300mmHg once draped and all instruments set up

Position: Supine, heels over end of bed, buttock by table edge, calf pumps (no sandbag)

Supports: Side support by tourniquet, cylinder foot support at end of table

Skin Prep: Alcoholic Chlorhexadine

Drape: Wrap foot, waterproof stockinet, 6’’ crepe

Scope: Knee scope

Local anaesthetic: 10 mls 0.25% Bupivacaine with adrenaline (before preparing the skin)

During hamstring harvest:

Max dose 0.5% Marcaine (ask anaesthetist) made up to 200 mls with irrigation fluid in bowl

2 x 50 ml Luer lock syringes, 18G spinal needle

Equipment: Sterile 6 inch Esmarch (DeRoyal ref: 35-609)

Blades: 1 x #11, 1 x #10

Rigid plastic quiver

2 x Right angled clamps (Leyhey)

2 x Frazer-Kelly

1 x marker pen

2 x suction tubing with 2 x suction machines (shaver and for AVPR)

2 x 3L cold saline set 100cm above knee on drip stand, free drainage

Arthroscopy irrigation set (integrated chamber, BMDI, ref 80.601)

Knee shaver + 5.5mm Incisor Plus (Smith & Nephew) with foot pedals

AVPR S 90 degree (DePuyMitek) (hand buttons not pedals)

Arthroscopic punch (large) and arthroscopic grasper

Acufex Set (Smith & Nephew) with Linvatec stripper (on set)

Arthroscopic instruments (on standby)

Consumables: Passing pin 2.4mm x 15’’ (Smith & Nephew, ref: 7208678)

Endoscopic cannulated drill 4.5mm (Smith & Nephew, ref: 7207315)

RCI screw guide pin (Cannuflex Silk 1.5mm, Smith & Nephew, ref: 014859)

Implants: RCI screws (Smith & Nephew) (or BioRCI in possible osteotomy cases),

Femur: Always7x25mm (reverse thread for right knee), tibia +/-0.5 tunnel diameter

Sutures: 2 x No. 5 Tycron (3127-79, needles cut off)

1 x No. 2 Ethilon (W798, needles cut off)

1 x No. 2 vicryl (VCP 9378)

1 x No. 1 vicryl (VCP 9906)

3/0 Monocryl (MCP 3213H)

½“ steristrips, cut in half

Dressings: Tegaderm / Opsite / 6” Velband / 6” Crepe bandage

Post op: Full weightbear, full range of motion, day case after physio review

Clinic 2/52 for wound check