



Orthopaedics

Introduction

At Milton Keynes University Hospital, our staff are working hard to reduce the growing waiting lists caused by the COVID-19 pandemic and increase the number of operations we are performing whilst also ensuring maintaining the safety of our patients.

For the Orthopaedics department, this has meant working in different ways to increase the space we have to perform operations and give patients the best environment in which to recover post-op.

We know that operational pressures and the continued presence of COVID-19 might mean we are asked at different times of the year to temporarily postpone some operations so that staff and beds can be deployed to meet the urgent need of other patients, and we are committed to keeping our patients informed about any changes in their waiting times and to help them manage their condition while they wait. This can take many forms, from access to condition-specific apps to tailored advice from your surgeon.

In this document, you will find links to our condition-specific patient information and further details of all the help available across the health and care system in Milton Keynes.

To read more about what we are doing to tackle our waiting lists, please visit [My Hospital Journey - Milton Keynes University Hospital \(mkuh.nhs.uk\)](https://www.mkuh.nhs.uk/my-hospital-journey).

If you would like to see more detailed information on the average waiting time for some of the procedures that the department provides, visit [Elective Trauma & Orthopaedics Waiting Times \(mkuh.nhs.uk\)](https://www.mkuh.nhs.uk/elective-trauma-orthopaedics-waiting-times).

Guidance for Patients

You have been referred for an appointment to the Orthopaedics department, which is based in Milton Keynes University Hospital.

All of our Orthopaedic patient information leaflets are available on our website here - [Patient Leaflets - Virtual Library - Milton Keynes University Hospital \(mkuh.nhs.uk\)](https://www.mkuh.nhs.uk/patient-leaflets-virtual-library). They may help to manage your condition while you wait for your appointment and will also help you to prepare ahead of that appointment.

My Planned Care Patient Information Platform

Our webpage here - [My Hospital Journey - Milton Keynes University Hospital \(mkuh.nhs.uk\)](https://www.mkuh.nhs.uk) – also has more information about the support available to you while you wait to see us and some strategies to help maintain your health and wellbeing.

What should I do if my health is deteriorating?

Urgent Health Advice

For urgent health advice about physical or mental health, when it's not an emergency, please call 111 from any landline or mobile phone. You can also visit www.nhs.uk. The NHS 111 service is available 24 hours a day, seven days a week.

Life Threatening Emergencies

For something life threatening such as severe bleeding, breathing difficulties or chest pains – please dial 999.

GP

GP surgeries remain open.

If you experience an increase in pain or a change to any symptoms, you should in the first instance contact our GP for review and advice.

For some conditions, GPs can access specialist orthopaedic support who can review and advise patients ahead of their hospital appointment and procedure.

Mental Health Support

Waiting for hospital treatment can be a worrying time, so please don't delay asking for help if you are struggling with your mental health.

If you've been feeling low or very anxious and this is affecting your day-to-day life, you should consider going to see your GP (doctor).

You can also access a range of support here - [Mental health services - NHS \(www.nhs.uk\)](http://www.nhs.uk).

Contact Us

If you have a question about your hospital treatment, please get in touch with us using the ophthalmology contact details on our website here - [Trauma and Orthopaedics - Milton Keynes University Hospital \(mkuh.nhs.uk\)](https://www.mkuh.nhs.uk)

If you are waiting for your appointment, we will write to you as soon as we can with a date and time.