

# My Planned Care Patient Information Platform

## Reconstruction of ligament

### Introduction

Whilst you are waiting for your ligament surgery this is likely due to an unstable joint. This could be knee, ankle or wrist. A reconstruction of ligament helps with this instability reducing the pain and risk of arthritis in the future as well as improving your function.

### Guidance for Patients

Whilst waiting for your operation you can optimise your function and reduce pain with the following measures.

Whilst we apologise that you are in discomfort for a potential prolonged period this will not change your overall outcome.

Simple measures can help improve your symptoms whilst you wait. These include taking painkillers (with guidance from your GP), wearing a splint or brace which may have already been provided. You can also self refer to physiotherapy to help with your strengthening pre-operatively. This will also improve your post operative recovery.

<https://www.bofas.org.uk/patient/patient-information/ankle-instability>

### What should I do if my health is deteriorating?

If your symptoms worsen please try all methods above. If your general health worsens you may need to seek advice from your GP. If you feel you no longer need or wish to proceed with your surgery please contact our secretaries who will take you off the waiting list.

If you feel your joint/instability is deteriorating while waiting for a new patient appointment you should contact your GP.

However if you are waiting for an operation and your symptoms change you should contact your consultants secretary.

### Contact Us

Orthopaedic Secretaries – 01246 516120, 513123 or 513115 or [CRHFT.Outpatients@nhs.net](mailto:CRHFT.Outpatients@nhs.net)

Outpatient Reception – 01246 512673 or [crhft.outpatientsreception@nhs.net](mailto:crhft.outpatientsreception@nhs.net)