

## Orthopaedics – Anterior Cruciate Ligament Reconstruction (ACL)

### Introduction

The Covid pandemic has had a significant impact on the NHS ability to provide routine elective services. We recognise that patients are waiting longer than we would all like and it is not always possible to identify when treatment will take place. This document provides you with information on how you can support yourself while waiting to attend the hospital.

### Guidance for Patients

Whilst you are waiting for your surgical intervention, stay as active as you can. Consider what you can do to improve your health before the operation. You may need to wait until the muscles at the front of your thigh (quadriceps) and back of your thigh (hamstrings) are as strong as possible. If you do not have full range of movement before surgery, your recovery will be more difficult. Before surgery you may be referred to physiotherapy to help regain the full range of movement in your knee. You should avoid any sports or activities that involve twisting, turning or jumping.

[Knee ligament surgery - Preparations - NHS \(www.nhs.uk\)](https://www.nhs.uk)

It is anticipated the length of your stay in hospital following your ACL reconstruction will be less than 48hrs.

For more information about the operation and after care please click on this link. [Anterior Cruciate Ligament \(ACL\) Reconstruction - Yeovil District Hospital NHS Foundation Trust : Yeovil District Hospital NHS Foundation Trust \(yeovilhospital.co.uk\)](#)

If you are struggling physically while awaiting your operation link with your consultant and you can be booked into a musculoskeletal (MSK) pre op appointment.

Getting prepared to have surgery is all about good preparation for your body and mind. During this time, you can take simple steps to improve your physical and mental health.

Benefits of this include:

- Enhance recovery following treatment.
- Reduce post-op complications.
- Reduce length of stay in hospital.
- Provide an opportunity to stop smoking and drinking alcohol.

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- Improve fitness.
- Improve nutritional health.
- Enhance quality of life.

## Take Your Medication

Continue to take your medication while waiting for your surgery, as directed by your GP and hospital specialist. Remember to bring all medicines, vitamins, herbal remedies and supplements you take, with you when you attend the pre- op assessment clinic. During this appointment you will be given clear information on whether you should stop taking your usual medicines before going into hospital.

**Diabetes** – Click on the link for advice to help you to control your diabetes as you prepare for surgery. If you are unsure about what you should do, please speak to your diabetes nurse or ask the pre-assessment team and they will be happy to help.

[Pre operative advice for diabetic patients on insulin - Yeovil District Hospital NHS Foundation Trust : Yeovil District Hospital NHS Foundation Trust \(yeovilhospital.co.uk\)](https://www.yeovilhospital.co.uk/pre-operative-advice-for-diabetic-patients-on-insulin)

## Keep Moving

### Healthy eating and being active

Information and advice on healthy eating and becoming more active is available from:

- **One You Eat Better** (website) - includes Easy Meals app for healthy meals and the Change4Life Food Scanner to help reduce levels of sugar in your diet.
- **Better Health - Get Active** (website) - includes tips on getting active for all, including the downloadable Active 10 app, as well as tailored advice for those living with a long-term condition.
- **[Somerset Activity and Sports Partnership](#)** (SASP) is dedicated to increasing the health and happiness of residents in Somerset through physical activity and sport.

## Improve Your Health

Regular exercise is important for your health and wellbeing. Being active has a long-term positive impact on your health and immediate mental and social benefits.

[Somerset Activity and Sports Partnership](#) (SASP) have lots of information for adults and children and young people on how you can be active.

SASP also have tips on how you can [be active at home](#).

Age UK also offer a range of activities and exercise classes. You can find out about any classes in your local area on the [Age UK website](#).

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[Smokefreelife Somerset – Smokefreelife Somerset \(healthysomerset.co.uk\)](http://healthysomerset.co.uk) Free stop smoking service supporting Somerset residents to become smoke free.

[Lose weight - Better Health - NHS \(www.nhs.uk\)](http://www.nhs.uk) losing weight has many health benefits. Making small, simple changes to what and how much you are eating and drinking can really help you lose the pounds.

## Good Mental Health

Mental health and emotional wellbeing affect all aspects of our lives and health choices. Mental wellbeing is about feeling good and functioning well, as individuals and as communities. It is also about our ability to cope with life's problems and making the most of life's opportunities.

### [Mental health and wellbeing \(somerset.gov.uk\)](http://somerset.gov.uk)

Mindline Somerset - Mindline is a confidential listening service which provides a safe place to talk if you, or someone you know, is in distress. We can also give basic information about mental health and local support services.

Emotional support and mental health helpline is open 24 hours a day, 7 days a week.

01823 276 892

0800 138 1692

### [Mindline - Mind in Somerset](http://somersetmentalhealthhub.org.uk)

Somerset Mental Health Hub

### [South Somerset | Somerset Mental Health \(somersetmentalhealthhub.org.uk\)](http://somersetmentalhealthhub.org.uk)

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

We advise that if your referral symptoms are worsening as you wait for procedure date, to contact the Orthopaedic outpatients 01935 384319 during office hours.

If you are struggling with your health (including both physical and mental health) while you wait for surgery, please consult your GP.

To contact your GP surgery:

- visit their website
- use the [NHS App](#)
- call them

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## 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](http://www.nhs.uk). The NHS 111 service is available 24 hours a day, seven days a week.

## Life Threatening Emergencies

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

## General enquiries contact

Yeovil District Hospital Higher Kingston, Yeovil BA21 4AT

01935 475122

[www.yeovilhospital.co.uk](http://www.yeovilhospital.co.uk)