

Patella Stabilisation Procedure

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 your child while waiting to attend the hospital. The guidance has been written by clinicians who are responsible for your child's care.

Guidance for Patients

Whilst your child is waiting for a procedure, they should stay as active as possible. This will not only maintain a healthy lifestyle but it will also maintain strength in the muscles around your child's kneecap vital in the recovery from your child's surgery.

Those who are awaiting surgery tend to have had multiple episodes of their kneecap dislocating or coming out of joint. This is often very painful so activities which cause this should be avoided. These are often activities and sports where you turn or twist. Straight line running, cycling or swimming are generally well tolerated in patients who have this condition and can help maintain and improve your child's legs strength and help in recovery after the operation.

Maintaining a well balanced diet is also important for general health and reducing any excess weight. This will help in recovery from surgery and also reduce the pressure put on the knee cap when mobilising.

What should I do if my child's health is deteriorating?

If your child's health deteriorates within the time frame of waiting for the operation, particularly when coming up close to their operation date, it important you let us know via the details below. Hopefully there will be no need to change the operation date but your child's safety is paramount and letting us know will allow appropriate plans to be put in place.

Contact Us

Contact numbers (office hours):

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