

ACL reconstruction

The anterior cruciate ligament is an important ligament that keeps your knee stable. Sometimes, this can be torn, usually during sporting activity such as skiing or football, causing your knee to collapse or give way. This can be painful and incredibly frustrating, causing disruption to your everyday activity and enjoyment of sports or hobbies.

Advanced ACL reconstruction to get you back on your feet, without interrupting your life

If physiotherapy or supportive measures such as a knee brace have not helped your knee to recover, you may decide to have ACL reconstruction surgery to replace the torn knee ligament. This is a minimally invasive procedure that replaces the ligament with a graft and is held securely in to place to support your knee's stability.

Prices & payment

We offer a guide price of:

ACL reconstruction
£5,990

The above are guide prices only.

Our [terms and conditions can be found here](#).

Consultants



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FAQs

What does an anterior cruciate ligament reconstruction involve?

Your Consultant will discuss your options for anaesthesia ahead of the procedure to suggest the best solution. They will make several small incisions around your knee and use a small camera to replace the ligament with a graft from another suitable area of your body – this is often a ham string tendon. The graft is secured by special screws or anchors into the bone to provide stability.

Following the procedure, you will have an X-ray to ensure the graft position is correct and secure.

Where will my procedure take place?

Regardless of where you had your initial consultation, all surgical procedures take place at KIMS Hospital in Maidstone. Most outpatient appointments, including scans and tests, and follow up appointments with your Consultant, can take place at either KIMS Hospital or Sevenoaks Medical Centre.

How long is the recovery period?

You will usually be allowed to return home either on the same day or the day after surgery, provided the medical team are content with your recovery.

Please ensure you have arranged for someone to collect you and assist you on your return home. Your knee will be swollen and hard to bend for some time. You will be given medication and our team of Physical Therapists will give you a formalised physiotherapy plan to help you regain full activity.