

HIGH TIBIAL OSTEOTOMY/DISTAL FEMORAL OSTEOTOMY

Postoperative Instructions

MEDICATIONS: You will be given three prescriptions- Medications to control pain, nausea, and constipation. Take as directed. You should also eat yogurt for the first 3 days to help maintain the normal, helpful bacteria within your stomach.

DRESSING: After 48 hours, you may remove your dressings. You do not need to redress the wounds. **LEAVE THE TAPE STRIPS OVER YOUR INCISIONS.** These will be changed at your first post-operative visit.

SHOWERING: You may shower after your dressing is changed. You may use regular soap but do not scrub the incisions. Do **NOT** immerse in a tub or pool for 4 weeks to avoid excessive scarring and risk of infection.

ICE: Icing is very important to decrease swelling and pain and improve mobility. During the first 24 hours, apply ice every 2 hours, 15 minutes each time. After 24 hours, continue to use the ice 3 – 4 times a day, 15 – 20 minutes each time to keep swelling to a minimum.

WEIGHT BEARING: You will be non-weight bearing for 6 weeks using crutches. If you were provided a CPM machine, you will begin this at 0-30' on day 1 after surgery and increase by 5' each day. You should use the CPM machine for 2 hours/day three times per day (total of 6 hours per day).

ACTIVITIES: Rest and elevate your leg for the first 24 hours. Do **NOT** place a pillow under your knee. Elevate with a pillow under your calf and ankle. It is important to get your leg as straight as possible as soon as possible.

<u>EXERCISES:</u>	1) Quadri-cep Contractions:	5 – 10 per hour Push knee into bed Tighten thigh muscle
	2) Straight Leg Raises:	5 per hour
	3) Ankle pumps	10 per hour

If you experience severe pain that your pain medication does not relieve, you should let us know. **If you experience a temperature over 101.5*, redness or swelling in your thigh or calf, please contact our office daytime, evenings or weekends at (847) 634-1766**

GOALS: Pain control and healing of the osteotomy site