

Trauma & Orthopaedic Directorate

Osteotomy around the Knee

YOUR STAY IN HOSPITAL

What happens before my operation?

Pre-Assessment Clinic

A few weeks before your operation you will be asked to attend the Pre-assessment Clinic, where a thorough medical assessment will be carried out to make sure you are fit enough to cope with the surgery.

At this clinic, routine pre-operative tests including urine, blood, ECG (heart trace) x-rays may be advised. You will also be screened to ensure that you do not carry MRSA (Methicillin Resistant Staphylococcus Aureus) and MSSA (Methicillin Sensitive Staphylococcus Aureus) on your skin. This appointment will also provide you with an opportunity to speak to your Consultant and / or Registrar. You will also be asked to sign a consent form for the planned surgery.

What should I do before my admission?

Please arrange for someone to bring you into hospital on the morning of your admission. You will need to make arrangements for your journey home, as you will not be able to drive or use public transport immediately after surgery. You are advised to contact your insurance company and discuss with your physiotherapist at your first appointment before commencing driving. It is likely to be 6 weeks or longer before you are able to drive safely (and legally).

If you are using a taxi you will need to be accompanied by a responsible adult.

Most patients are in hospital 2 to 3 nights after knee osteotomy surgery. If you work you will need to arrange to have time off. The length of time off depends on the nature of your work. For office workers 6 weeks is realistic, but some will be able to return sooner. Manual workers may require 3 months off work. This is very individual and depends on the exact nature of your work. You can discuss this further with your surgeon at Pre- Assessment Clinic.

What happens on arrival?

- You will be welcomed to the ward by a nurse who will check your name and details and show you the layout of the ward
- You will be asked to sign / re-sign your consent form
- If you are female you will be asked to reconfirm you are not pregnant
- Your affected knee will be indicated with an arrow marked on your leg by one of your surgical team
- You will be seen and assessed by the anaesthetist
- All the tests you had done in the pre-admission clinic will be checked and the results given to you
- Anyone with you will be asked to leave as soon as possible, unless there are good reasons for them to accompany you (translation, blind and/or deaf patients etc)
- Your operation time will be confirmed as close as possible – this may not be straight away
- You will go down to the operating theatres – either: walking there yourself accompanied by a member of staff, going down in a chair, or, going on your bed

What should I expect after surgery?

After returning to the ward you will be asked to rest quietly for a while. A thick bandage will cover your knee this should stay in place until the following day. At the end of surgery a local anaesthetic will be injected into your knee. Most patients find that their knee is comfortable on return to the ward.

After you have slept off the effects of the anaesthetic you will be offered something to eat and drink.

- The day after surgery a physiotherapist or nurse will then check that you are safe to get out of bed, walk and you will practise going up and down stairs.
- A formal x-ray of your knee will be done in the radiology department. You will wear the AV boots to decrease swelling and decrease the risk of blood clots. These will be worn on both feet at ALL times whilst you are in bed.
- Your surgeon will check on your progress.
- You will be taught exercises to carry out at home.
- You will be discharged home once safe to do so (normally after 2 or 3 nights in hospital).
- You will be taught how to use crutches, which are normally used for 6 weeks following osteotomy surgery.

For most osteotomies you are able to start putting some weight through the leg straight away, and most patients can fully weight bear by 3-4 weeks.

Your surgeon and physiotherapist will discuss this with you on an individual basis.