

Hampshire Hospitals



NHS Foundation Trust

Trauma & Orthopaedic Directorate

Osteotomy around the Knee

YOUR RECOVERY AT HOME

Your Recovery at Home

It is important to follow your surgeon's and physiotherapist's instructions carefully after you return home.

Swelling

Keep your leg elevated as much as possible for the first few days after surgery.

Apply ice as recommended by your physiotherapist to relieve swelling and pain.

Dressing Care

You will leave the hospital with a dressing and bandage covering your knee. You may remove the bandage the following day and apply the support bandage (Tubigrip)

Keep your incisions clean and dry for 2 to 3 days. After 2 - 3 days you may only shower if your wounds are healed completely and then you may bath. If you have stitches or skin clips you will need to arrange to have these removed at your local surgery at about twelve days, if you have steri-strips these should fall off at about ten days. If they come off earlier do not attempt to reapply them just cover the wound with a clean dressing.

Weight Bearing

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 on an individual basis. After the 6 week follow-up appointment in the Outpatient Clinic the vast majority of patients will be fully weight-bearing and able to wean off or stop using crutches completely.

Driving

Most patients will be unable to drive for 6 weeks after a knee osteotomy. Occasionally this period will be longer, and very rarely shorter (e.g. if the left leg has been operated upon and you drive an automatic car). Discuss any questions about driving with your surgeon or physiotherapist.

Potential Warning Signs of Complication

Contact your GP if you experience any of the following

- Prolonged Fever
- Persistent warmth or redness around the knee
- Persistent or increased pain
- Significant swelling in your knee
- Increasing pain in your calf muscle
- Shortness of breath or chest pain.

**If have any problems please don't hesitate to contact the ward on
01256 313681**

TUBIGRIP SUPPORT BANDAGE

You have been supplied with a tubular bandage to help control swelling of your limb.

Please read the following carefully:

ELEVATE and SUPPORT your limb ABOVE a horizontal position whenever possible

Apply the bandage in the morning and remove it at night.

Ensure there are no creases in the bandage.

DO NOT turn back the bandage at the edges (leave frayed ends frayed).

The bandage may be washed in COOL water – allow to dry naturally (DO NOT tumble dry)

Wear two layers during the day for the first three days –reducing to one layer for a further four days or as advised by your physiotherapist, or continue if swelling persists.

IMPORTANT

Remove the bandage and contact your GP if you experience any of the following:

Your toes turn blue or white or become swollen and do not recover when elevated or exercised.

You have pins & needles, numbness in your foot or have difficulty in moving your toes due to pain

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