

8 Plate or Staple Hemiepiphyodesis



Shriners Hospitals
for Children®—St. Louis

8 Plate Placement

The goal of this treatment is to help correct the deformity in the knee(s), hips, or ankles, which will alleviate gait disturbance and protect the knee throughout the growing years.

One of the advantages of this procedure is that the bone is never cut, so it remains stable. This allows patients to return to activities earlier (as tolerated).

Occasionally, your orthopaedic surgeon will prefer staples instead of 8 Plate. If this is the case, they will discuss this with you.

Indications

- “Knock Knee”
- Blount’s Disease (tibia vara)
- Bowing
- Limited knee extension
- Mechanics of gait compromised
- Significant angular deformity
- Anterior and medial knee pain
- Ankle malalignment
- Perthes Disease

Diagnosis

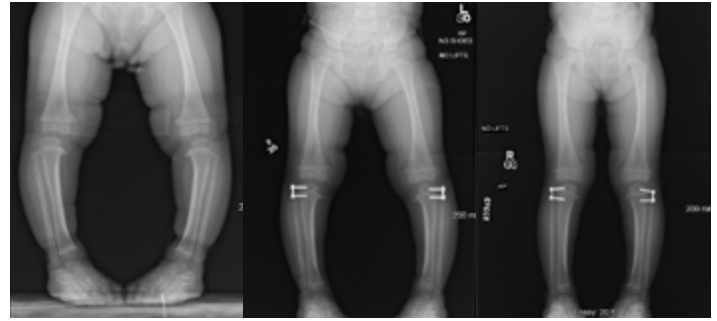
- Physical Exam
- Radiographs
- Patient and parents observations

Surgery for 8 Plate Placement

- Minimally invasive
- Outpatient or one night stay in hospital
- Patient may be discharged once tolerating pain medication, food and drink, and has passed physical therapy

After Surgery

Patient will be asked to leave the dressing on for 3 days. The patient may then take off the dressing and shower.



Follow Up

Meet with a physician 1-2 weeks after surgery. The patient will have an x-ray of the affected leg(s) at that time. The patient will require periodic visits to monitor growth.

It is important to come for your follow up visits to be able to schedule the appropriate time to have the plates removed. The plates do not understand to stop working when the legs are straight. Remember that this is a delayed gratification. Be patient. Over time, the results are amazing!

For more information on our Limb Length Discrepancy services, visit <http://stlshrinerslimbreconstruction.com>

Where to Call with Questions or Concerns

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Limb Reconstruction & Lengthening
314-692-6443

Care Manager _____
314-432-3600, ext. _____

After Hours Nursing Supervisor
314-255-8282