

Epiphysiodesis

This is the process where the **growth plates are surgically closed** with a cannulated drill and a curette.

One way to correct Limb Length Discrepancies is by closing or removing a growth plate in the long limb. This is often used for smaller limb length discrepancies or as part of the fine tuning or for larger discrepancies after limb lengthening. This has the effect of slowing growth in the operated limb taking away potential growth.

Surgery

- Outpatient or one night stay in hospital
- The patient is weight bearing as tolerated (may require the use of crutches)
- Patients may use knee immobilizers for comfort

Incision Care

Generally, this is a small incision covered with a dressing. Please keep the dressing dry for 3 days. After this time, patients may remove the dressing and shower.

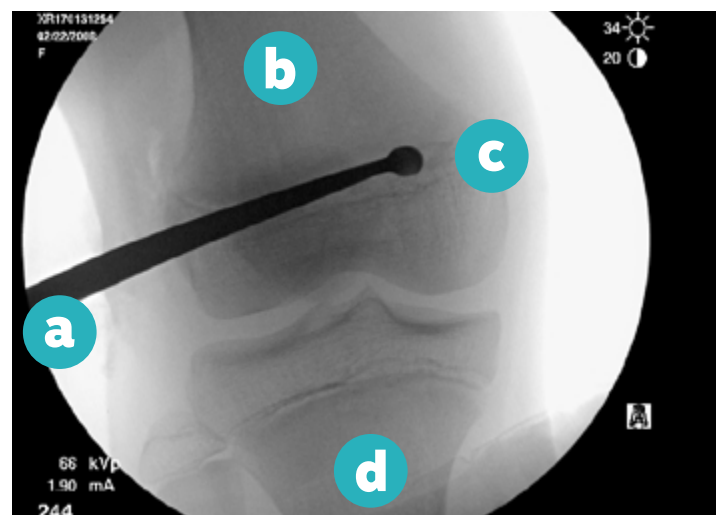
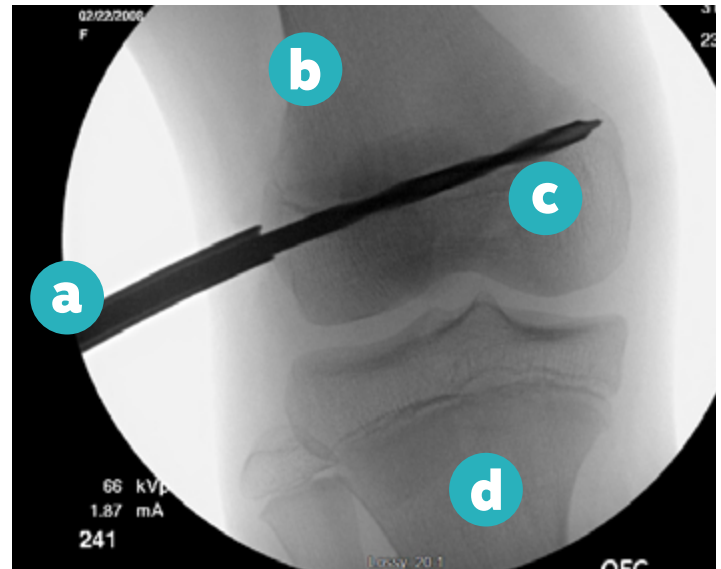
Pain Management

Prescribed pain medication is generally used for a few days post operatively. Patients will be sent home with a prescription that are the same oral medications given in the hospital. Patients should transition to over the counter acetaminophen (Tylenol) or Ibuprofen (Motrin).

Follow Up

Patients are asked to follow up about 14 days post operatively. Then, the orthopaedic surgeon will follow the patient's growth every 3-6 months to monitor growth of the extremity. Physical therapy outside of the hospital stay is not necessary. Patients will need to remain out of physical education for 6 weeks.

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



- a** Cannulated Drill
- b** Femur
- c** Growth Plate
- d** Tibia

Where to Call with Questions or Concerns

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314-692-6443

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314-255-8282