

Tibial Plateau Elevation

The goal of surgery is to restore a more “normal” surface to the upper end of the tibia.

Indications

- Blount’s Disease (Infantile and Juvenile)

Surgery

- Inpatient procedure with 1-2 night stay in hospital
- 2-3 inch incision on the front of the knee extending down the leg.

Pain Management

Pain will be managed with prescription and over the counter pain medication post operatively. Patients may also be given a prescription for pain related to muscle spasms. **Please call your care manager or our after hours nursing supervisor if your child exhibits any of the following symptoms after returning home from surgery:**

- Inappropriate pain or side effects from medication
- Fever over 101.5°
- Redness, warmth, or drainage ar or around incision site
- Increased pain not tolerated by pain medications

After Surgery

Patients will need physical therapy after surgery. While in the hospital, your child will receive crutch training as they will be non weight bearing on the operated extremity for 4-6 weeks. Once weight bearing, physical therapy will be ordered (as an outpatient) for stretching, strengthening, and gait training.

A brace or cast will be chosen by the surgeon on a personal basis.

Your child may return to school as soon as he or she is comfortable. No gym or sports until cleared by your surgeon.

Complications

Minor complications that occur include infection or broken hardware.

Nerve palsy and compartment syndrome are more serious complications that are unlikely, but possible.



Removal

Plates and screws will often be removed if causing pain and after the bone has solidly healed, or if another procedure is necessary. This is a minor outpatient procedure that involves going through the same incision to remove the hardware.

Follow Up

Patients are asked to follow up 2 weeks, 6 weeks, 3 months, 6 months, and 1 year with x-ray.

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

Where to Call with Questions or Concerns

Jill Hahn, Clinical Coordinator
Limb Reconstruction & Lengthening
314-692-6443

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

After Hours Nursing Supervisor
314-255-8282