



## AUCKLAND BONE AND JOINT SURGERY

### **MR. BOYLE'S PROXIMAL FEMORAL OSTEOTOMY POST-OP INSTRUCTIONS**

#### **1. Wound Care**

- You may shower 2 days after surgery with the incision covered (usually in hospital). Try to avoid direct water flow onto the dressing. Please pat the dressing dry afterward. In general, keep it clean and dry.
- Please remove the outer plastic dressing 14 days after surgery. Please leave the steri-strips in place (white tapes across the wound) until they fall off by themselves. It is OK if they fall off.
- Once you remove the outer dressing (14 days after surgery), you may get the incision wet in the shower. Try to avoid direct water flow onto the incision. Please pat the incision dry afterward. Do not rub the incision with a towel.
- Do not get into a bath, tub or pool until at least 4 weeks after surgery.
- Your sutures are dissolvable; you do not require suture removal.
- It is common to have some bruising and swelling about the incision after surgery. If you develop worsening redness, increasing incision pain, or drainage from the incision please contact Mr. Boyle immediately.

#### **2. Icing**

- Please apply ice packs to your hip 3-4 times per day for 30 minutes for the first 10 days after surgery to help diminish the swelling and help with pain. Please cover the ice pack in a towel, and avoid direct skin contact with the ice as this can cause a burn.

#### **3. Crutches and Assistive Devices**

- You have been provided with crutches from the hospital. Please use these at all times, and remain **TOUCH** weight bearing (please rest your foot flat on the ground for balance, with minimal weight through it) as instructed by the hospital physiotherapist. Although the osteotomy is relatively stable, increasing the weight through your foot too soon may bend or break the plate or screws holding the osteotomy.
- Please **DO NOT** try to keep your foot completely off the ground, as this will cause pain and actually put more stress through the osteotomy compared to resting your foot on the ground. When you place your foot on the ground, please make sure it is flat on the ground, not just the toes touching – this will help to keep your calf muscles moving and the blood flowing normally through your foot.
- You may have been provided a commode, toilet seat and/or wheelchair. Please use these as instructed by the hospital occupational therapy staff.

#### **4. Activity**

- Unless specifically instructed by Mr. Boyle, you do not need any physiotherapy for the first 6 weeks after surgery. Once the osteotomy begins

to heal, after your first post-op appointment, you will likely start physiotherapy.

- Please avoid any hip flexion greater than 90 degrees, and any hip internal or external rotation greater than 15 degrees for the first 6 weeks after surgery.
- Please sleep on your back for the first 6 weeks. Do not sleep on your side or on your stomach. It is helpful to place a number of pillows around you while you sleep to maintain your position. Please avoid sexual interaction (if applicable) until 6 weeks after surgery.

#### **5. Medications**

- You have been prescribed strong pain-relieving medication by your anaesthetist for your post-op pain control. Please use the medicine as prescribed and do not drink alcohol or perform duties that require concentration (i.e. school or work) while taking the strong medication.
- You may have been prescribed a blood thinning medication (aspirin, rivaroxaban or enoxaparin/clexane) as a precaution to decrease your risk of blood clot formation. This should be taken as prescribed.

#### **6. Driving**

- You will not be able to resume driving for 4-10 weeks after surgery, depending on the side of surgery and the healing of your osteotomy. Please discuss this further with Mr. Boyle at your post-op appointments.

#### **7. Follow-up appointment:**

- A follow-up appointment should have already been made for you 6 weeks after surgery. If not please call (09) 281-6733 to schedule an appointment.

#### **WHAT IS TO BE EXPECTED:**

After proximal femoral osteotomy surgery, there is a variable amount of pain and swelling. The severe pain usually diminishes after 10-14 days. It is very common to feel pops and snaps within the hip and thigh over the first 4-8 weeks after surgery as the osteotomy heals. It is also very common to feel altered or decreased sensation to the skin adjacent to the incision; this will slowly improve with time, but often takes 2 years to completely resolve.

#### **WHAT SHOULD BE REPORTED IMMEDIATELY?**

Signs and symptoms to report:

- \*persistent fever
- \*increasing numbness
- \*wound redness, drainage, or increased skin temperature around the incision
- \*shortness of breath
- \*sudden increase in pain or swelling
- \*deep calf pain and/or swelling

#### **WHO TO CALL:**

- If you have any problems please call Mr. Boyle's office at **(09) 281-6733**.
- For **urgent** problems after 5:00pm and on the weekend or on holidays, call Mr. Boyle directly.