



London Health Sciences Centre

**High Tibial Osteotomy (HTO)
with/without
ACL Reconstruction**

Patient Information

Department of Orthopaedic Surgery

Occupational and Physiotherapy Services

High Tibial Osteotomies with/without ACL Reconstruction

Day of Surgery

We ask that you please bring your crutches with you the day of your surgery. If you do not own a pair of crutches, crutches can be purchased through the hospital.

Length of Stay

Typically patients who have had a High Tibial Osteotomy (HTO) are discharged from hospital 1-2 days after the surgery.

Restrictions

You will not be allowed to put weight on your operated leg for a minimum of 4-6 weeks to prevent damage to the surgery. You will also be required to wear a Tracker Brace on the operated leg for up to 12-15 weeks. This Tracker Brace must remain on at all times except when changing the dressing, washing the leg or performing your exercises.

Depending on your Surgeon, your brace may or may not be locked straight when walking. You may be allowed to bend and straighten your knee immediately after surgery, again depending on your Surgeon.

The Tracker Brace will be provided to you at the hospital. There is a charge for the Tracker Brace of \$250.00. The London Health Sciences Centre Business Office will mail an invoice to you which you should receive within 30 days following your discharge.

You may have coverage for your Tracker Brace through your medical insurance.

You may have coverage for your Tracker Brace if you are receiving Ontario Discretionary Benefits.

You are responsible to seek out assistance with funding if this is a concern

What to Expect after Surgery

Most patients will arrive on the in-patient unit after surgery with a Tracker Brace and possibly a Cryo Cuff ice cooler to help with swelling.

Incision Care

The day after surgery, your Nurse will remove and change the initial operative dressing on the knee and adjust your Tracker Brace properly to accommodate swelling and the new dressing.

Your Nurse will go over the necessary dressing care prior to your discharge. Your Nurse will also give you a follow-up appointment with your surgeon for 2-3 weeks time and a prescription for pain medication.

Physiotherapy

A Physiotherapist will also see you the first day after surgery. Your Physiotherapist will go over the exercises that you are to do for the first 3 weeks after surgery. Your therapist will also show you how to use your crutches, both on the level and on stairs.

It is anticipated that all patients attend physiotherapy at a clinic of their choice to progress your exercises and to ensure the proper return of function to the operative leg. Your therapist will give you a physiotherapy referral prior to your discharge home.

Occupational Therapy

An Occupational Therapist will see you prior to discharge to discuss various techniques to make managing basic daily activities at home easier.

Activities of Daily Living

Bathing

Your incision must remain dry until the sutures are removed, 7-10 days after surgery.

When showering, you may remove your Tracker Brace.

If you have a Walk-In shower:

- An adjustable height shower chair may make showering easier and decrease the risk of falling since you can sit.



Bath Chair

If you have a Bathtub with a Shower:

- An adjustable height bath transfer bench can allow for easy and safe bathtub transfers.
- This method allows you to sit on the bench and swing your legs over the edge of the tub.



Bath Transfer Bench

Getting Dressed

- Your Tracker Brace needs to be worn directly on the leg.
- 'Tear away' or loose fitting pants (wide leg) are easiest to wear over the brace.



Long Handled Reacher

Putting pants on the operated leg may be difficult if your brace is locked with the knee straight. A reacher may be helpful so you don't need to bend as far forward to put your pants on.



Socks also may be difficult to put on your operated leg. Using a sock aid may make this task easier.

Sock Aid

Toileting

Getting on and off the toilet is usually difficult since you cannot put any weight on your affected leg. Using a raised toilet seat with arms or a versa-frame can make this easier.

A raised toilet seat will raise the seat higher and give you something sturdy to push up from when getting up. A Versa-frame does not raise the seat height, however, it does provide you with something to push up from when getting up.



Raised Toilet Seat with Arms



Versa Frame

Car Transfers

Getting in and out of a car can be difficult following your surgery, especially if your knee is locked straight within your tracker brace. To get in the car as a passenger we suggest the following steps:

Make sure the seat is pushed back as far as possible to provide maximum leg room

- If the car seat is low, use a firm cushion to raise the height
- Stand with your back to the car so you can feel the seat touching your legs
- Lower yourself slowly, keeping the operated leg forward
- Slide well back in the seat
- Turn and swing your legs into the car

- You may find it easier to transfer into the car if there is a “slippery” material over the seat or cushion ie. Garbage bag
- To get out of the car the same steps are performed in the opposite direction

To get out of the car, use the same steps in the opposite order.

If you are a ‘tall’ individual we recommend that you try and arrange a full size vehicle to come and pick you up from the hospital so that you may have enough leg room while sitting in the front seat.

Occasionally individuals have difficulty sitting in the front seat of the vehicle. If this occurs, we may recommend that you sit in the back seat with your operated leg resting on the seat. However, you will be advised on what method would be best for you on the day of discharge from the hospital.

Many patients will require assistance for bathing, dressing, and meal preparation when they return home. These needs should be taken into consideration and the necessary arrangements should be made to ensure they are addressed prior to your admission and discharge from the hospital.

London Health Sciences Centre does not rent any equipment items. Any equipment needed will have to be arranged by the patient through a local vendor of their choice. It may be helpful to refer to the yellow pages within the Phone Book under Home Health Care – Equipment and supplies section to help you locate a local vendor.