

Your son/daughter has been scheduled to undergo a *derotational osteotomies of the femur(s)* to improve foot progression and clearance and to increase efficiency and speed while walking. During surgery, cuts in the thigh bone will be made, and the bone will be rotated so that the kneecaps are facing forward. The bones will be held in place with plates and screws. Surgery will last approximately 2 hours/side, and your child will receive general anesthesia with or without an epidural, which you will discuss with your anesthesiologist on the day of surgery. An epidural is recommended to help with pain management for the first day and a half. If you decide on the epidural, it will be placed once your child is under anesthesia.

Postoperatively, your child will stay in the hospital for 1-2 nights for pain control. You are allowed to stay with your child in the hospital. Your child will wake up with a knee immobilizer on the operated leg(s). Your child will utilize these braces for 8 weeks post-operatively. Your child will wear the brace full time at night for a total of 8 weeks post-operatively. Your child may also utilize the braces for additional support in the first 4 weeks for transfers/standing. Your child will be non-weight bearing for the first 4 weeks except for standing transfers (from bed to wheelchair, for example). During the hospital stay, you and your child will work with our physical therapist on transfers. You will be discharged from the hospital with a wheelchair and walker or crutches to use for the 8 weeks following surgery. They will be transitioned to weight-bearing as tolerated at 4 weeks post-operatively. Your child will likely require a walker for these 4 weeks, even if he/she did not use a walker before surgery. Physical therapy will start 8 weeks after surgery. Therapy will occur 1-2 times a week, focusing on gait training and strengthening. You will receive a prescription at your first post-operative visit.

You will be discharged from the hospital with Ibuprofen, Tylenol, Diazepam and Oxycodone. If your son/daughter develops fevers, chills, increase in pain, or redness/swelling/discharge at the incision site, please contact Dr. Thompson immediately. We will see you in clinic 4 weeks after surgery for clinical evaluation and x-rays.

- **Surgery Time:** Approximately 2 Hours/Side
- **Hospital Stay:** 1-2 nights
- **Equipment:** Knee Immobilizer
- **Post-operative Medication:** Ibuprofen, Tylenol, Diazepam, Oxycodone
- **Weight-bearing Status Post-Op:** Only for Transfers
- **Physical Therapy:** Starts at 8 Weeks