

Your son/daughter has been scheduled to undergo a *derotational osteotomy of the tibia(s)* to improve foot progression and clearance and to decrease the risk of pain and early knee pain and arthritis secondary to “lever-arm-disease” – abnormal forces placed on the knee as a result of the foot facing inward or outward. During surgery, a cut will be made in the outside ankle bone and the shin bone, and the bone will be rotated so that the foot is facing forward. The shin bone will be held in place with a plate and screws. Surgery will last approximately 1.5 hours/side, and your child will receive general anesthesia with or without regional nerve blocks, which you will discuss with your anesthesiologist on the day of surgery. If you decide on the nerve blocks, they will be placed once your child is under anesthesia.

This is an outpatient procedure; your child will go home the same day of surgery unless your child is having concurrent procedures that require a hospitalization. Your child will wake up in a short leg cast. You will be discharged from the hospital with a wheelchair and walker or crutches to use for the 8 weeks following surgery. The cast that is placed in the OR will remain in place for 4 weeks, and your child will be allowed to weight-bear for standing transfers only (from bed to wheelchair, for example). They will then be transitioned to a weight-bearing short leg cast for an additional 4 weeks after a cast-change and fitting for post-operative braces, if required. 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 back in clinic 4 weeks after surgery for clinical evaluation and x-rays.

- **Surgery Time:** Approximately 1.5 hours/side
- **Hospital Stay:** Day Surgery
- **Equipment:** Short Leg Cast
- **Post-operative Medication:** Ibuprofen, Tylenol, Diazepam, Oxycodone
- **Weight-bearing Status Post-Op:** Only for Transfers
- **Physical Therapy:** Starts at 8 Weeks