

## Operation Information

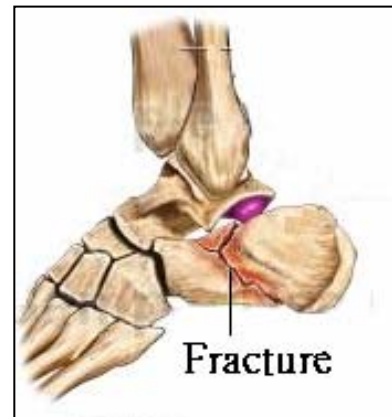
### Calcaneal Fracture Fixation

#### Introduction

Calcaneal fracture is one of the commonest fractures of the foot. The calcaneus is the lowest piece of bone in the foot & ankle. It withstands the highest pressure of the body, at the same time it forms a major part of the subtalar joint, which is essential for one's ability to walk on uneven ground.

#### Procedure

Operation is to reduce the fracture, and fix it with screws or plate internally. The goal of the surgery is to preserve the joint, reduce complications of a displaced fracture, at the same time allows rapid return of joint motion. The method commonly uses a lateral approach, an open reduction and internal fixation. If there is significant bony defect, you may require bone grafting.



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#### Possible Risks and Complications

##### 1. General Risks and Complications

Like other orthopaedic operations, there are risks and complications: those associated with medical illness, wound risk and complications, such as pneumonia, infection, blood loss, stroke, heart attack, failure to recover etc. They can endanger health and life, and may call for further treatment.

##### 2. Specific Risks and Complications

- Non-union, mal-union, joint stiffness and post-traumatic osteoarthritis etc.
- Wound complications, nerve injuries, complex pain syndrome and problems with implants including loosening or exposure.

\*\* It is impossible to mention all the possible complications that may happen and the above is only a few important complications which may occur. Before agreeing for the operation, you must acknowledge and accept the fact that no matter how ideal the situation may be, these events may occur. Damage to peripheral organ, severe haemorrhage and leakage after operation, it may require another operation to deal with the complications.

#### Pre-operation Preparation

1. Your doctor will explain to you the reason, the procedure and the possible complications. Patient will need to sign the consent form.
2. No food or drink is allowed six hours before operation.
3. Nursing staff will assist you to clean the skin and perform shaving if necessary.
4. Change to operation attires and removal of loose objects (e.g. dentures, jewellery, contact lens etc).
5. Empty bladder before surgery

## **Post-operation Instruction**

1. In general, patient is free of Plaster of Paris, they usually need crutches for non-weight-bearing walking for six weeks. Physiotherapy for ankle and subtalar joint exercise is most important. For heavy manual workers, occupational therapy is an important part of rehabilitation.
2. Wound healing can be complicated, persistent pain is not uncommon, prolonged treatment needs patience.
3. For implant removal, it should be considered in individual situations; but if patient requests, it should be done after the fracture has fully healed.

## **Advice on discharge**

1. Please contact your attending doctor or go back to hospital if you have any excessive bleeding, severe pain, fever (body temperature above 38°C or 100°F), signs of wound infection such as redness, swelling or large amounts of stinking discharge etc.
2. Follow up: Please attend the follow-up as arranged.

Remarks: Should you have any enquiries, please consult your doctor.

### Reference

Hospital Authority – Smart Patient (Website: [http://www21.ha.org.hk/smartpatient/tc/operationstests\\_procedures.html](http://www21.ha.org.hk/smartpatient/tc/operationstests_procedures.html))

Compiled by Union Hospital Consent Form Taskforce

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Our Hospital reserves the RIGHT to amend any information in this leaflet without prior notification