

## INFORMATION FOR PATIENTS

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# Upper or high tibial osteotomy

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### What is a high tibial osteotomy?

This is an operation to realign your leg and reduce the pain that you have from your knee. This procedure does not return the knee to normal. It prolongs the life of a damaged knee and delays the need for total knee replacement.

### Why is an osteotomy needed?

Osteotomy can be useful in younger, more active patients whose arthritis is at an early stage and only in one part of the knee joint. Realigning your knee and leg will shift your weight off the damaged side of the knee. This will help to relieve your pain, improve your function and delay the progression of the arthritis.

### Are there any alternative treatments?

- Do nothing.
- Take painkillers.
- Use a walking stick.
- A knee brace may help some patients.

### What can I expect after the surgery?

- You will either go home the same day (as a day case) or have one night stay in hospital.
- You will be seen in outpatient physiotherapy within two weeks.
- You will need to walk with crutches for up to six weeks.
- You will not be able to drive for up to six weeks.

### How long will it take to heal?

- The wound takes two weeks to heal.
- It may take several months for the bones to heal.
- It could take up to one year to feel the full benefit of this operation.

### When will I be seen in clinic?

- Two weeks after the operation to check the wound and remove any stitches.
- Six weeks after surgery with an x-ray.
- Three months after surgery with x-ray.

## What are the risks of this operation?

- Anaesthetic risks.
- Infection.
- Blood clots.
- Swelling.
- Nerve damage/ numb scar.
- A stiff knee.
- Delayed bone healing. Smoking can double the amount of time it takes for the bones to heal.
- Anterior knee pain.
- Need for further surgery in the future such as removal of metalwork and a total knee replacement.

## Useful contact numbers:

- Treatment room, Clinic 1: Telephone 01623 622515, extension 4110.
- Specialist nurses: Telephone 01623 622515, extension 4104 or call mobile number 07585980527.

## Further sources of information

NHS Choices: [www.nhs.uk/conditions](http://www.nhs.uk/conditions)

Our website: [www.sfh-tr.nhs.uk](http://www.sfh-tr.nhs.uk)

## Patient Experience Team (PET)

PET is available to help with any of your compliments, concerns or complaints, and will ensure a prompt and efficient service.

**King's Mill Hospital:** 01623 672222

**Newark Hospital:** 01636 685692

**Email:** [sfh-tr.PET@nhs.net](mailto:sfh-tr.PET@nhs.net)

If you would like this information in an alternative format, for example large print or easy read, or if you need help with communicating with us, for example because you use British Sign Language, please let us know. You can call the Patient Experience Team on 01623 672222 or email [sfh-tr.PET@nhs.net](mailto:sfh-tr.PET@nhs.net).

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