

# **HIGH TIBIAL OSTEOTOMY and KNEE ARTHROSCOPY**

## **PROCEDURE**

Knee Arthroscopy: A general anaesthetic is given. A telescope and instruments are passed into the knee joint through small cuts over the knee.

High Tibial Osteotomy: The surgery involves cutting of the tibia bone to realign the limb. This may require a plate or staples to hold the bones in place.

## **GENERAL RISKS OF A PROCEDURE**

They include:

- (a) Small areas of the lungs may collapse, increasing the risk of chest infection. This may need antibiotics and physiotherapy.
- (b) Clots in the legs (deep vein thrombosis or DVT) with pain and swelling. Rarely part of this clot may break off and go to the lungs which can be fatal.
- (c) A heart attack because of strain on the heart or a stroke.
- (d) Death is possible due to the procedure.

## **RISKS OF THIS PROCEDURE**

There are some risks/ complications, which include:

- (a) The surgery may not work and symptoms before surgery will persist after the surgery. total knee replacement may be needed in the future.
- (b) Numbness associated with the use of tourniquet with nerve and muscle damage at the site where the tourniquet was placed. This may be temporary or permanent.
- (c) Skin death under the tourniquet, which may require further dressings and / or surgery and skin grafting.
- (d) The possibility of the nerve at the knee being damaged, causing weakness and foot drop, and possible numbness in the foot. This may be permanent.
- (e) Possibility of pressure developing in the muscle group in the lower leg which sometimes requires surgical release of pressure in the lower leg.
- (f) Removal of the screws and/or plates after the operation. This will require further surgery.
- (g) Infection. This may require antibiotics, further surgery and rarely leg amputation.
- (h) Damage to the artery behind the knee requiring vascular surgery or leg amputation.
- (i) Clotting in veins of limb which can spread to lungs. This can be fatal.
- (j) Bruising and swelling in leg below the operation site. This usually settles in time.
- (k) Abnormal pain response to surgery with worsening of pain and disability.
- (l) The surgical cut may cause changes to the sensation and colour of the limb being operated on.
- (m) The wound may not heal properly and can become red, thickened and painful. This can be disfiguring.
- (n) Increased risk in obese people of wound infection, chest infection, heart and lung complications and thrombosis.
- (o) Increased risk in smokers of wound and chest infections, heart and lung complications and thrombosis.