

Removal of Your External Fixator



Orthopaedic Clinic

4480 Oak Street, Vancouver, BC V6H 3V4
604-875-2345 1-888-300-3088
www.bcchildrens.ca

Your surgeon has recommended that it is time to remove your external frame!

The Operation

Removing your external frame is a day case procedure under a general anesthetic. You will be able to go home after your surgery.

If your frame is on your foot as well as your tibia, sometimes your surgeon will just remove the foot part while your tibia is still healing.

After Care

If your frame was on your leg, please bring your crutches with you to the hospital. You will need them after your frame is removed. Your surgeon will let you know how much weight you can put on your leg and for how long you will need to use your crutches.

Possible complications:

The healthcare team will make your child's visit to the hospital and the treatment they receive as safe as possible. However, complications can happen. You should ask the healthcare team if there is anything you do not understand.

The anaesthesiologist will be able to speak with you about the possible complications of your child having an anesthetic. Pain medication will be recommended by your surgeon. Most

children only require Acetaminophen and/or Ibuprofen for pain management after their frame is removed.

Bleeding can happen during or after surgery and there may be scarring at your pin sites. You will have a bulky/padded bandage on your limb after your frame is removed. Please leave this on for three days as the pin sites can bleed. You will be given a surgical dressing to put on the pin sites for 7 days after you remove the tensor wrap.

If the bleeding soaks through the dressings you should call the clinic or go to the emergency room if it is an evening or week-end.

Your pin sites will dry up and the scab will fall off. Once this has happened you can shower and go swimming.

Sometimes you will require a cast or splint after your frame is removed. Your surgeon will determine if this is required.

We encourage you to fully move your limb/joints after your frame has been removed. Your surgeon will let you know when you can participate in high impact activities such as running and jumping.

While your pins sites are healing you will need to "take it easy" as you are at a higher risk of getting a fracture at the pin sites until they are healed. They can

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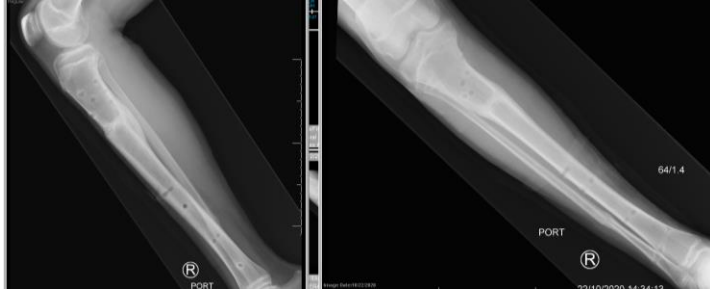
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take at least 6-8 weeks to start to heal in the bone.



Pin Site "holes in the bone" immediately after frame removed



Pin Site "holes in the bone" 6 weeks after the frame is removed.

If you are participating in Dr. Cooper's research projects, a member of his team may contact you around the time of your surgery.

Contact your surgeon if you have any further questions and concerns.... It is always good to ask!