

## **Calcaneal Fracture Fixation Surgery**

### **Introduction**

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. Calcaneal fracture is one of the commonest fractures of the foot.

### **The 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.

### **Risk and Complication**

#### **1. General Risks**

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

#### **2. Specific Risks**

- Risks are related to the fracture itself: non-union, mal-union, joint stiffness, and post-traumatic osteoarthritis etc.
- Other risks are wound complications, nerve injuries, complex pain syndrome and problems with implants including loosening or exposure. All may require further action.

### **After the Procedure**

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.

### **Follow Up**

- Wound healing can be complicated, persistent pain is not uncommon, Prolonged treatment needs patience.
- For implant removal, it should be considered in individual situations; but if patient requests, it should be done after the fracture has fully healed.

### **Remarks**

This is general information only and the list of complications is not exhaustive. Other unforeseen complications may occasionally occur. The actual risks may be different for different patients. During the operation, unpredictable condition may arise, and additional procedures may be performed if necessary. For further information, please contact your doctor.