



Procedure Information Sheet

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.

Indication

Calcaneal fracture.

The Operation / Procedure

1. 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.
2. The method commonly uses a lateral approach, an open reduction and internal fixation. If there is significant bony defect, you may require bone grafting.

Before the Operation / Procedure

1. A written consent is required.
2. Fasting for 6 hours before operation.
3. Inform doctors about drug allergy, your regular medications or other medical conditions.
4. Optimization of pre-existing medical conditions, e.g. heart disease, hypertension, diabetes mellitus, anaemia, asthma, etc.
5. Blood tests, ECG and X-rays of the appropriate regions before operation.

After the Operation / Procedure

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

Risk and Complication

1. General risks
 - 1.1 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
 - 2.1 Risks are related to the fracture itself, such as non-union, mal-union, joint stiffness, and post-traumatic osteoarthritis etc.
 - 2.2 Skin flap necrosis.
3. Other risks
 - 3.1 Wound complications.
 - 3.2 Nerve injuries.
 - 3.3 Complex pain syndrome and problems with implants including loosening or exposure. All may require further action.

Disclaimer

This leaflet only provides general information pertaining to this operation / procedure. While common risks and complications are described, the list is not exhaustive, and the degree of risk could also vary between patients. Please contact your doctor for detailed information and specific enquirv.

Reference

Smart Patient Website of Hospital Authority, Procedure Information Sheet:
Calcaneal Fracture Fixation Surgery (04/2021)

Patient's Label

Patient Name: _____
Hospital No: _____
Episode No: _____

Patient's Signature: _____ Date: _____