



THE ORTHOPEDIC PARTNERS  
AN RCM CLINIC

PARK CITY • HEBER CITY • SALT LAKE CITY

### **Post-op Instructions: Guided Growth**

1. Guided growth is a procedure also known as hemi-epiphysiodesis or epiphysiodesis.
2. We are placing an 8 plate on the inside, outside, or both sides of the knee. These are placed at the end of the femur, or at the upper part of the tibia. The plate and screws (Figure of 8) helps correct knock-knees, bowlegs, and leg length discrepancy.
3. These are short, simple procedures, with a quick recovery period (usually 2-3 weeks).
4. Your child will leave surgery with an ACE wrap around their knee. Underneath the ACE wrap there is gauze, a yellow antibiotic bandage (Xeroform), then steri-strips covering the incision.
5. Weight bearing is **As Tolerated**. Crutches or a walker may be helpful for the first few days after surgery, but most patients do not need crutches for longer than one week.
  - a. If your child needs or prefers crutches after a week following surgery, please inform us! Some patients are also hesitant to move their knee(s). For these circumstances, we will have patients see a physical therapist for a few visits to help improve range of motion, decrease anxiety and improve use of their limb. Let us know if your child is NOT advancing quickly back to activity, and we will provide a physical therapy prescription.
6. Your child can remove the ACE wrap and underlying bandages 2-3 days after surgery. They can shower at this time, but AVOID soaking in pools, hot tub, bathtub for 2 weeks! Blot the incision dry after the shower.
7. It is safe for your child to bend and straighten their knee right after surgery.
8. No running, jumping, or sports for 2 weeks after surgery, or until the wound is completely healed. Most patients return to activities or sports within 2-4 weeks after surgery.
9. Typically, sutures are placed that are dissolvable, unless we specifically discussed using a non-dissolvable suture to help with wound healing. Regardless of which stitches were placed, steri-strips are applied over the incision. Leave those in place for ~10days.
  - a. If the steri-strips haven't come off by 2 weeks following surgery, please remove them.
  - b. If the stitches are dissolvable, you will see a CLEAR suture sticking out each end of the incision. At 2 weeks, lift up the clear stitch with tweezers (or your fingers), and cut the stitch at its base. The stitches under the skin will go away on their own.
    - i. If a stitch works its way to the surface, instead of dissolving, please try to remove it (tweezers, small scissors). Try doing this after a bath or shower, which can help the stitch loosen. Warm compresses can also help, especially if the area around the stitch is red or irritable.
10. Pain control:
  - a. Ibuprofen is recommended to be taken every 6 hrs, and Tylenol every 4 hours, unless there is a contraindication.
  - b. Narcotics, including oxycodone, are only taken *if needed*. Please schedule the Ibuprofen and Tylenol for the first few days following surgery, as this will lessen any narcotic medicine that is needed.
11. Patients return for a post-op visit at 3 months following surgery. If your child is not getting back to their normal activities within a month of surgery, or they are not able to walk without crutches/walker within 1-2 weeks, please contact our team!