

High Tibial Osteotomy (HTO)

Reason for Surgery

It is done to remove the pain caused by the arthritis on the inside of the knee (Medial Osteoarthritis) in young, fit and active people.

Here the leg is broken in a controlled way and fixed immediately.

Its aim is to put off for many years when you will need a [Total Knee Replacement \(TKR\)](#)



Recovery

This is a big operation as it is the equal to suffering broken leg.

It usually takes 3 months to get over the operation, but can take longer to feel the full benefits.

Recovery is delayed if you smoke.

Pre-Operative Assessment of fitness for surgery

This is usually undertaken by one of the nurses at the hospital to make sure that you are fit enough for the operation.

You will usually have blood tests and may also have a tracing of your heart (ECG) or a chest X-ray.

Hormone Replacement Therapy (HRT)

This does not require stopping prior to surgery, but please tell us when you are admitted to ensure that we give you injections to help prevent you getting a blood clot in your leg.

Scratches / Cuts

If you have any scratches, cuts or the like on your leg when you are admitted for surgery then your operation may be postponed if Mr Raj believes that these will pose a risk to you getting an infection at the time of your surgery.

Stay in Hospital

Mr Raj will come and see you when you arrive.

He will get you to sign a form (Consent Form) agreeing to the operation and explain the risks of the surgery.

You will normally stay in hospital overnight.

Walking

You can walk with all your weight on the operated leg as soon as the anaesthetic wears off, but most patients are unable to manage this.

You will have a pair of crutches to help you walk. You can stop using them when you feel able.

Physiotherapy

There will be lots of this after your operation to keep your knee moving through a full range of movement.

Keeping the ability to get your knee straight is very important.

Stitches

Mr Raj usually uses clips. These do not hurt when being removed. They are usually removed after 2 weeks when you come to see Mr Raj in the out patients department.

Follow-Up

Mr Raj will normally see you at

2 weeks	Remove clips
6 weeks	Ensure knee goes straight
12 weeks	X-ray
1 year	Ensure full healing with another X-ray
18 months	Plan for removal of the plate in your leg

Driving

You are unable to drive for at least 6 weeks.

Work

This depends upon the type of work you do and should be discussed with Mr Raj

As a rough guide:

Sedentary work	2 weeks
Light work	6 weeks
Heavy work	12 weeks

Mr Raj will provide a sick note if required.

Kneeling

This can be done when you feel comfortable.

Flying

You are not allowed to fly for 6 weeks following surgery, due to the risk of blood clots in your legs.

Sport

Your return depends upon the type of sport and should be discussed with Mr Raj.