

## Pinning of Osteochondritis Dessicans (OCD) of the Knee

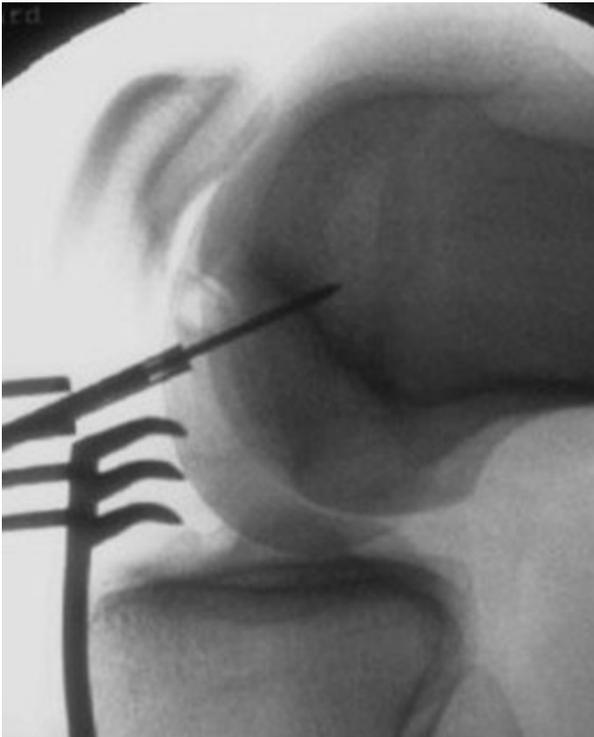
### Aim of Surgery

To fix / pin the dead piece of bone so that it:

Stops moving

Stops hurting

Heals



### Pre-Operative Assessment of fitness for surgery

This is not normally required unless there are specific problems with your general health.

### Contraceptive Pill (OCP)

It is up to you.

If you wish to stop this for 6 weeks before your surgery and use a different form of contraception that is acceptable.

If you do not wish to stop using the OCP then please tell us when you come in for your surgery and we will give you an injection while you are asleep 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.

Normally your surgery will be done as a day case, being admitted and discharged on the same day.

You will require:

- To be brought to hospital by car.
- To be taken home by car.
- Someone to be in the house on the night of the operation.
- A telephone at home.

### Walking

You will be given a pair of crutches to help you walk.

Normally the amount of weight you can put through the operated leg is:

None for 6 weeks.

Part of your weight for the next 2 weeks.

All of your weight after that.

### Physiotherapy

The physiotherapists will teach you exercises to do before you go home. These are aimed at:

Keeping the knee moving through a full range of movement.

Keeping the ability to get your knee straight.

### Stitches

Mr Raj usually clips to close the holes in the skin. 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 2 weeks after the operation in the out-patients department to explain what he has done and what he expects in the future.

### Driving

You are unable to drive for at least 6 weeks.

### Work

This depends upon your work and should be discussed with Mr Raj, but as a guide:

Desk job 2 weeks

Other jobs 8 weeks

Mr Raj will provide a sick note if required.

### Flying

You are not allowed to fly for 8 weeks following surgery, due to the risk of blood clots in your legs.

### Sport

Usually this is best avoided for at least 3 months following surgery.