



After Your Fitbone® Surgery

Expect a 2-3 day hospital stay at Woodwinds depending on your health and needs.

Dr. Dahl and/or Shannon Vaske, RN, CNP, will see you daily in the hospital.

Knee swelling and stiffness is normal. Applying ice regularly to the knee/leg is recommended. A surgical drain might be used for the first few days to reduce swelling.

There is a high risk for knee flexion contractures during the lengthening phase. **DO NOT** place any pillows under your knee. Keep your leg straight while in bed and use the custom-made brace.

Expect to use crutches and/or a walker at all times during this treatment.

Post-operative pain is typically controlled with a PCA (intravenous medication that you control) until you are ready to transition to oral pain medications.

Your surgical dressing will be changed by your nurse in the hospital and then daily by your family. Once the wound is dry (around day 4-5), it's ok to shower without covering the incisions. Don't soak in a bath or hot tub.

Put no more than 30 lbs of pressure to the surgical leg until approved by your doctor.

*The rod can only tolerate 30 lbs of weight.

*Use a scale at home to help yourself judge what 30 lbs feels like.

Follow therapy, activity, and range of motion guidelines set by Dr. Dahl.

Bring your external activator to your first post-op visit with Dr. Dahl and we will do the first distraction together.

THE LENGTHENING PROCESS

1. Set the external activator to "patient" mode, plug it in, and then place the transducer on the outlined area of the skin.
2. Place the stethoscope's ear buds in your ears and the listening portion on your knee-cap.
3. Push the yellow "patient" button. Watch for the yellow blinking light in conjunction with the number of the "hums" you will hear. There will be a total of NINE. NOTE: Patients must LISTEN and HEAR all 9 hums each time.
4. Keep note of this process in your log book (see attached), and bring it with you to each appointment.
5. Repeat this process three times daily: morning, noon, and at bedtime.

Your Fitbone® contacts at St. Croix Orthopaedics are:

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