



## Procedure Information - Calcaneal Fracture Fixation Surgery

Visit No.: Dept.:  
Name: Sex/Age:  
Doc. No.: Adm. Date:  
Attn. Dr.:

Page No:

01	02	03	04	05	06	07	08	09
+10	+20	+30	+40	+50	+60	+70	+80	+90

Patient No.: PN

*Please fill in /  
affix patient's label*

### 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 most common fractures of the foot.

### The Procedure

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

### Risk and Complication

1. There are always certain side effects and risks of complications of the procedure. Medical staff will take every preventive measure to reduce their likelihood.
2. Surgical instruments or implant may be broken off and retained at the surgical site during operation.

#### **A. In General**

Like other orthopaedic operations, 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.

#### **B. Specific complications**

1. Risks are related to the fracture itself: non-union, mal-union, joint stiffness, and post-traumatic osteoarthritis etc.
2. Other risks are wound complications, nerve injuries, complex pain syndrome and problems with implants including loosening or exposure. All may require further action.

### Before the Procedure

1. You will need to sign a consent form and your doctor will explain to you the reason, procedure and possible complications.
2. Optimization of pre-existing medical conditions, e.g. heart disease, hypertension, diabetes mellitus, anaemia, asthma, etc.
3. Fast for 6-8 hours before the operation.
4. Inform your doctor of any medical condition and any medications you are taking. The medications may need to be adjusted as appropriate.
5. Blood tests, X-ray, correct and optimizing existing illness e.g. diabetes, asthma.

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**After the Procedure**

1. Patients who are free of Plaster of Paris, they usually need crutches for non-weight-bearing walking for 6 weeks. Physiotherapy for ankle and subtalar joint exercise is most important. For heavy manual workers, occupational therapy is an important part of rehabilitation.
2. Wound healing can be complicated. Persistent pain is not uncommon and prolonged treatment needs patience.
3. For implant removal, it should be considered in individual situations; but if patient requests, it should be done after the fracture has fully healed.
4. Please contact your doctor or go back to hospital if excessive bleeding, collapse, severe pain or signs of infection at your wound site such as redness, swelling or fever (body temperature above 38°C or 100°F) occurs.
5. Follow up on schedule as instructed by your doctor.

**Remarks**

This is general information only and the list of complications is not exhaustive. Other unforeseen complications may occasionally occur. In special patient groups, the actual risk may be different. For further information please contact your doctor.

**Reference**

Hospital Authority – Smart Patient Website

I acknowledge that the above information concerning my operation/procedure has been explained to me by Dr. \_\_\_\_\_. I have also been given the opportunity to ask questions and receive adequate explanations concerning my condition and the doctor's treatment plan.

\_\_\_\_\_  
Patient / Relative Name

\_\_\_\_\_  
Signature

\_\_\_\_\_  
Relationship (if any)

\_\_\_\_\_  
Date