

Epiphysiodesis and Guided Growth

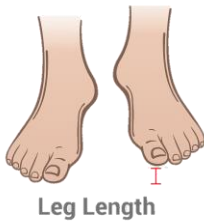
Orthopaedic Information Sheet



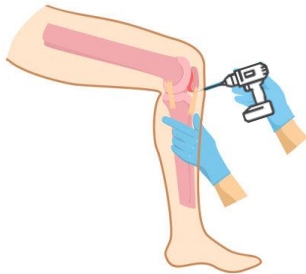
Epiphysiodesis and Guided Growth are 2 operations used to slow your growth in your legs. These operations are planned (not emergency surgeries).

- **Epiphysiodesis**

(Epi-physi-od-esis)

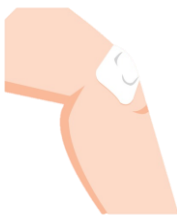


An epiphysiodesis is used to permanently stop one or more growth plates in a bone. It is a treatment option for leg length differences.



This operation may be recommended by your Orthopaedic Doctor if your legs are growing at different rates.

The operation will stop the longer leg growing so that the shorter leg can catch up by the time your whole body stops growing.



Timing of this surgery is really important and this will be worked out by your Doctor.

The surgery involves small cut on both sides of your leg, and a drill is used to stop the growth plate from growing anymore.



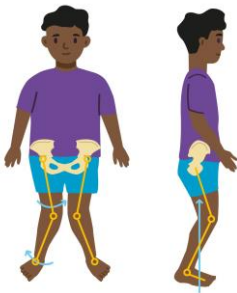
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• Guided Growth



Guided growth is an operation to help guide a deformity of your bone, an example would be knock-knees.



Screws and a small plate or just a single screw are put into one side of your bones growth plate to help guide your bone to be straight.

You will have another operation to remove your screws and plates once the bone has been straightened. This can take 6-18 months.

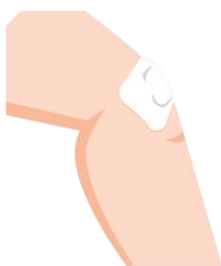
Your time in Hospital



On the day of your operation, you will come into the hospital and go to the Day of Surgery Admissions ward.

Your operation will be under general anaesthetic, which means you will be asleep when you have your surgery.

Your leg will have stitches to keep the cut closed. Your stitches will dissolve over time so you will not need to have them removed.



A small shower proof Band-Aid will cover your small cuts. You may also have a thicker bandage covering your cut and you can remove this bandage 2 days after your operation.

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The thicker bandage is not water proof so you will need to cover it with a plastic bag for showers.



You can walk on your leg after your operation. A physiotherapist will help keep your body safe when walking. You may need to use crutches to help your body walk.

You can go home the same day as your operation when your body feels comfortable and safe.

• Home Care



When you are at home your leg might still feel uncomfortable. You can take Paracetamol if you need.

It is important to keep moving your knee after surgery.

When your knee feels better you can go back to school and play sports again.



Your Band-Aid covering your cut will be waterproof, so you are still able to have a shower.

A shower might be uncomfortable at first and you may want to sit on a shower chair for the first 2 weeks.

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• Follow-up appointment



You will have an appointment to see your Orthopaedic Doctor 2 weeks after your operation.

It is very important that you do not miss any follow-up appointments.

This is because the Guided Growth plate can over-correct your bone and start to bend the other way.



You will have regular x-rays to keep an eye on this.

You need to look for any signs of infection.

- Any smells.
- Any bleeding.
- Any red and sore areas.
- Painful at the wound.



If there are any of these please come back to hospital.

If you have any questions you can contact the Hospital on 8161 7000

Image references

Images were used from DepositPhotos, Shutterstock, PNG Tree, PNG Egg, Sheffield Children's NHS, Vecteezy, and WCH Orthopaedics.

For more information

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