

FOOT AND ANKLE FRACTURE FIXATION INFORMATION SHEET

General indications for the procedure:

The indications for the procedure are to get improved alignment of the bones and stable fixation of the bones to allow healing in an acceptable alignment.

Description of Procedure:

The procedure of fracture reduction and fixation will consist of re-alignment of the fracture using either manipulation alone or an open incision. Use of intra-operative imaging devices may be utilized to assist in the re-alignment. Fixation of the fracture will involve the use of internal metallic implants such as pins, screws, staples, plates, rods, wires, buttons, and washers. A tourniquet may be used to limit surgical bleeding during the procedure. In some situations, an externally located device may be placed to maintain the alignment of the fracture. A surgically placed drain may be inserted into or near the surgical area to collect excess fluid that may accumulate after the surgical incisions are closed. Surgical incisions may not be surgically closed in the setting of infection or excessive contamination to the surgical area. Depending on the specific circumstances of the patient's case, this procedure can be performed with local anesthesia, local anesthesia with sedation or twilight anesthesia, regional anesthesia or general anesthesia. The benefits of fracture reduction and fixation include, but are not limited to decreased pain or discomfort, improved speed and reliability of fracture healing, decreased recovery time, decreased chance for arthritis in the future, and improved range of motion.

Risks of Procedure:

Risks include: postoperative infection, nerve injury, tendon injury, vascular injury, postoperative bleeding, swelling, complex regional pain syndrome, compartment syndrome requiring surgical release of pressure within the leg, development of arthritis, need for hardware removal, failure of the fracture to heal, healing of the fracture in a mal-aligned position, deep vein thrombosis, pulmonary embolus, excessive scar tissue formation, continued pain, discoloration of the skin and the risks of anesthesia.

Alternative to Procedure:

The alternatives to surgery include non-operative treatment using multiple casts or prolonged bracing. Risks of alternative care include, but are not limited to, failure or a significant delay in bone healing, healing of the fracture in an improper alignment, a higher likelihood of developing arthritis in the future, and more severe stiffness.

Probable Consequences of Refusing Procedure:

Probable consequences of refusing the procedure include, but are not limited to, failure or a significant delay in bone healing, healing of the fracture in an improper alignment, a higher likelihood of developing arthritis in the future, and more severe stiffness.

Person(s) Performing the Procedure:

The key portions of this procedure will be performed by the attending physician with the assistance of the Orthopaedic Resident Staff. All surgical tasks are performed in accordance with the hospital's policies and, in the case of the Residents, based on their skills set and under the supervision of the responsible Orthopedic Surgeon.