

Diary of a Osteotomy

Operation day Tuesday.

Home on Wednesday.

Thursday – comfortable not too much pain, controlled by painkillers and small amount of bruising started to show. My hip was the most painful which was totally unexpected. I packed it with ice day and night. Ankle became sore latter part of day.

Friday – More bruising showing, rested all day, controlled pain.

Saturday – Went for a 5-10 mins walk on crutches in the morning but felt shattered. During the afternoon I was in excruciating pain especially around the shin area. Could not get comfortable this was by far my worst day so far.

Sunday – Now looking badly bruised and it was painful just to put my foot to the ground. Shin still agony. Sleeping on and off at night, still taking painkillers at regular intervals.

Monday – Can now put foot to the ground aided by crutches. Having to take a short nap during the afternoon.

Tuesday – Best day so far. Walking about more and able to get down stairs better, although shin is still the most painful area and looking very red and feeling hot.

Wednesday – One week later and not feeling too bad apart from the shin.

Thursday – Very much the same as yesterday, although redness on the shin has travelled to the ankle. Feels very hot and looks inflamed.

Friday – Had one set of stitches out today, need to return on Monday for 2nd set and then went onto physio.

Cont/d....

I mentioned the redness on my shin and was told to speak to the nurse on Monday as it looked like cellulitus. It was suggested I massage the shin with moisturising cream and press hard on the skin to help stop the fluid gathering. At this point I was willing to try anything.

Friday evening was the most painful time caused by the inflammation so I decided to try massaging it with Aloe Vera gel which gave me an amazing relief. I also managed a 10 minute walk and the best nights sleep I had had for a couple of days. Also now had exercise plan to follow daily.

Sunday- shin and ankle much better but still continuing with Aloe Vera gel. Now able to walk a little with just one crutch so went out for 20-minute walk.

Monday – Had last set of stitches out and mentioned cellulitus to nurse, who told me to get in contact with the doctor if it persists.

Tuesday - No improvement and pain was horrendous so made an appointment with doctors who confirmed it was an infection and gave me antibiotics (2 weeks if needed).

Wednesday – Quite a good day but could not get comfortable and became very fidgety all day and night, couldn't settle.

Thursday – Feeling queasy due to antibiotics but my leg felt pretty much OK.

Friday – Went to physio, they were pleased with me and was given further exercises to carry out. Also I was told to keep my leg elevated when sitting and continue using ice packs to reduce swelling (I hadn't been doing this). Walking a lot now and managing a few steps without crutches. Knee feels very tight but feeling much more comfortable and feeling better in myself.

Saturday – comfortable

Sunday – Went for a long walk today about 1 mile of which 400 yards was without crutches.

Tuesday – Now 3 weeks later – Stopped the anti biotics and the cellulitus has cleared at last. Swelling is still visible therefore still using ice packs when leg is elevated. Using one crutch all the time now.

Beginning to get bored now so must be feeling a lot better but frustration has set in.

6 weeks after op

This has been a much bigger operation than I envisaged and could not have prepared myself for. I have exercised every day as instructed since the operation and feel I have come along way but still have a long way to go. My leg is still slightly swollen and my foot swells up if I'm on it for too long but I was told 3-6 months so time is still young.

If anyone would like to contact myself or my wife we would be happy to talk to them as I felt this would have been of use to me at times.

Robert Chandler

Lisa Chandler

