

DR JEFF LING MBBS BSc (Med) FRACS (Orth)
Adult and Paediatric Orthopaedic Surgeon
Specialising in the Foot and Ankle

Removal of Hardware

INTRODUCTION

From time to time, metal hardware that has been inserted to allow bones to heal or fuse, may cause skin or soft tissue irritation, and may need to be removed to relieve pain and improve function. In other circumstances such as Lis franc injuries, hardware needs to be removed routinely 6 months after surgery. Hardware removal involves exposing the hardware to be removed, and reconstituting the surrounding tissues.

THE PROCEDURE

There are a number of steps to this procedure:

1. General Anaesthetic
2. Administration of intravenous antibiotics
3. Incision made through old scars i.e. no new incisions need to be made
4. Hardware removed with appropriate equipment
5. Wound Closure with sutures
6. Local Anaesthetic infiltration for postop pain relief
7. Bandage and Post-operative Shoe

RISKS & COMPLICATIONS

Every surgical procedure carries some risk. These risks are largely uncommon and many are rare.

They include:

- Anaesthetic complications
- Drug reactions
- Wound infection
- Deep Vein Thrombosis (DVT)/Pulmonary embolism (PE)
- Sensory nerve injury
- Chronic Regional Pain Syndrome
- Ongoing Pain
- Stiffness

POST OPERATIVE PROTOCOL

This is a day surgery case and you are able to weightbear immediately

Keep foot elevated as much as possible, for the first 72 hrs

Keep wounds dry for first week, then may get wet in shower

Pain killers required for up to 2 weeks

First post-op appointment roughly 2 weeks post surgery for wound check and commencement of physio

Return to sport by 3 - 4 months

Full recovery up to 6 months

PROBLEMS AND CONCERNS

If you have any queries or concerns, contact Dr. Ling's rooms on 9650 4782 between business hours. After hours or on weekends, if your matter is urgent, please present to the Emergency Department at Prince of Wales Hospital if you are an adult, or Sydney Children's Hospital if the patient is your child, and you will be seen by the Orthopaedic Registrar on call, who will contact Dr Ling directly