



Osteotomy of the Knee (High Tibial Osteotomy)



Overview

This surgery adjusts your tibia. That's the large bone of your lower leg. We do this surgery to better align your knee and leg. It can help you delay or avoid a knee replacement.

Preparation

To begin, you're given medicine to make you feel numb and relaxed. Or, you are put to sleep. Then, an incision is made below your knee.

Aligning the joint

The surgeon can use a few methods to fix the alignment of your knee. One involves removing a wedge of bone from your tibia. After the wedge is removed, the bone is closed to correct the angle, and it is secured. Or, your surgeon may choose to correct the alignment by making a cut and spreading your bone apart. With this method, a cut is made, a graft is placed to fill the open space, and the bone is secured. The type of osteotomy you have depends on what adjustments need to be made to align your joint.

End of procedure

After the surgery, you're watched in a recovery room. Follow your surgeon's instructions as you heal.