

Lengthening Your Limb from the Inside



Orthopaedic Clinic

4480 Oak Street, Vancouver, BC V6H 3V4

604-875-2345 1-888-300-3088

www.bcchildrens.ca

Your surgeon has recommended an operation to lengthen your limb.

How is your limb lengthened with an internal magnetic nail?

The Operation

You will be asked to come to the hospital the day of the operation. Your operation time and fasting (stopping all eating and drinking) will be given to you the day before your scheduled operation date. You will need a general anaesthetic (medicine given to make you go to sleep) for this operation. You will stay in the hospital for 3-4 nights after your operation.

The surgeon will discuss with you and your parent or guardian what the operation involves. There will be more than one scar. There will be a bandage over the wounds when you wake up from your operation. The stitches do not need to be removed. They will dissolve.

During your hospital stay you will see a physiotherapist. They will help you with walking and moving your joints.

Aftercare

You will be able to walk with crutches as soon as you are comfortable. It is important to know how much weight you can put through your limb. Your surgeon will tell you this. You may find that a wheelchair is helpful for going out. Please ask your physiotherapist about how to get one. It is a

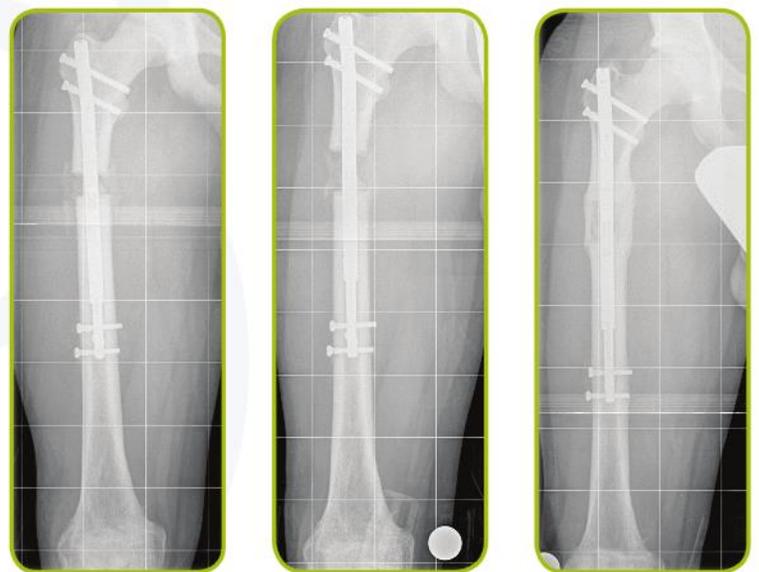
good idea to let your physiotherapist know as soon as you know the operation date.

The wounds will be checked in the orthopaedic clinic 10-14 days after surgery. Keep your wounds dry until you are seen in the orthopaedic clinic.

You will start using the magnet to lengthen your limb approximately 7 days after your operation. This will start when you are at home. You will be given the magnet and shown how to use it before leaving the hospital. You must follow the instructions on when to use the magnet. This happens usually three times a day until you reach your goal length.

You will be seen weekly in the clinic to check the new bone that is healing and how your joints are moving. It is very important to keep all of your appointments.

X-rays of a thigh bone lengthening with a magnetic



nail

Developed by the Orthopaedic Clinic.

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The magnetic nail is removed after the bone fully heals. It is removed using a general anaesthetic. This operation requires you to stay in the hospital for one night.

Possible complications

The healthcare team will make your stay in hospital and the treatment you receive as safe as possible. However, complications can happen. You should ask the healthcare team if there is anything you do not understand.

The anesthesiologist will be able to discuss with you the possible complications of having an anesthetic. Pain relieving medicine will be given as prescribed by your surgeon.

Bleeding can happen during or after the operation and there may be scarring as a result of the cut. If the wound becomes infected it will usually settle with antibiotics but may sometimes need further surgery. There may be altered feeling at the operation site. This may be temporary or permanent



Using the magnet to lengthen the thigh bone



The external remote controller

Frequently Asked Questions

What are the indications for a magnetic nail for lengthening a bone?

Your surgeon will determine if lengthening your limb is appropriate. Usually a limb difference of approximately 5 centimeters would be a candidate for a lengthening. Your bone also needs to be big enough and straight enough to allow the nail to be inserted inside the bone.

Is nail meant to be permanent?

No, it should be removed upon healing of the lengthened bone as determined by your surgeon.

Is a cast required after the nail insertion?

No cast is required.

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Can the patient go home on the day of surgery?

No, you will need to sleep over in the hospital for 3-4 nights for pain management and rehabilitation therapy.

Are there any limitations or precautions in terms of weight-bearing?

Yes. It is important to know how much weight you can put through your limb. Please ask if you need clarification.

How often does the patient have to come back for a check-up?

You will need to come to clinic once a week during the time you are lengthening your limb. This is to ensure your joints are moving well and your bone is forming.

Are there any contraindications for the magnetic nail?

Yes, your bone needs to be big enough to have the nail fit. The bone also needs to be straight enough to accept the nail.



See Your Doctor / Go to the Emergency if:

You have pain that is not controlled by the medication you were recommended,

You are having difficulty moving your joints, or

You have a fever.