

Commentary

Bone Graft: Procedure and Complications

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Received: July 08, 2021; Accepted: July 22, 2021; Published: July 29, 2021

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Introduction

There are many Bone Graft is a technique where bone taken from other part is added to the damaged bone in order to rebuilt or repair. Usually when a bone is damaged it gets repaired in few days as there are some living tissues in the bone matrix which ensure the regeneration of the bone. But if a large part of the bone is lost, it cannot be rejuvenated hence in this kind of cases bone grafts are required. The bone which is taken to graft is extracted from hip bone or ribs. In few cases donor bones are also used.

Grafting of bone is usually done in the following conditions, when the doctor suggests that fracture would not heal without a graft, the earlier broken bone which did not fix, in case of cancer, in the dental implants where they replace your lost tooth, in case of implanted devices used in knee surgery which promotes the growth of the bone around the implant. The complications for bone graft surgery are blood clot, nerve damage, infection, risks of anaesthesia etc. The graft might take much time to heal in case if the patient is a smoker or diabetic.

During the bone graft the patient needs to enclose the medical history to the doctor, the medication that he has taken over the time and in case if the person is a smoker one needs to stop smoking. As the person needs time to recover after the graft, one needs to make necessary preparation, like if the graft is being performed in the leg region, there would be difficulty to walk for few days, in that case supports are to used. Before day of the surgery, no meal or water should be taken by the patient. The Xray or CT scan of the damaged bone must also be done.

The surgery initially starts with injecting anaesthesia, later

the blood pressure of the patient is checked, the part of the body where graft is to be performed is cleaned and then the incisions are made, two incisions are made to extract the bone from hip which is to be grafted at the affected area, next the bone is placed between the damaged bones then sealed with the help of screws. The area which is cut open to make the surgery is closed. After the surgery is done, X-ray is done to observe whether the graft is placed perfectly or not.

After grafting one needs to take painkillers and anticoagulants for few days. The patient is suggested to take food which is rich in Calcium and Vitamin D which helps in quick healing. In case if the person has smoking habit, they need to quit as it might interfere with the healing process, no over the counter drugs must be taken without prior intimation to the doctor. The stiches made over the incision are to be removed after a week. The affected area must not experience any weight or stress for few days, hence braces are suggested by the doctors.

Bone Graft is very important technique which is used in the repair and reconstruction of the fractured or damaged bone.

Acknowledgments

The Authors are very thankful and honored to publish this article in the respective Journal and are also very great full to the reviewers for their positive response to this article publication.

Conflict of Interest

We have no conflict of interests to disclose and the manuscript has been read and approved by all named authors.