

CALVES

The goal of the operation is to obtain a curvature and volume in the zone of the calves, resembling the obtained with the physical exercise (bicycle, steps). The implants are fusiform and semisolids, not rigids. This operation is indicated in those patients who have had any kind of malformation in the leg, diseases (neurological diseases, poliomyelitis) or injuries (traumatism). Also in those patients who in spite of proper training do not obtain muscular volume.

ANESTHESIA

It can be local plus sedation, epidural or general

TECHNIQUE

The operation consists of placing one or two implants between the muscle and the skin. The incision (4 cm long) is placed in a crease of the posterior aspect of the knee.

POSTOPERATIVE RECOVERY

Usually one night of stay in the hospital is needed, although sometimes it is not necessary (ambulatory surgery). One to two days of rest is recommended. It is normal to have alterations of sensitivity in the zone, hematomas and swelling that can last days. Reincorporation to work can be done in 4-7 days.

It is necessary to avoid physical exercise during 4-6 weeks, which is the estimated time so that the prosthesis are fixed and they do not move

RISKS

The potential problems with this operation are:

- Hematoma
- Infection

- Extrusion of the prosthesis
- Capsular contracture (hardening around the implant)
- Displacement: usually it is associate with the too precocious resumption of the muscular activity