

# OsteoCentric®

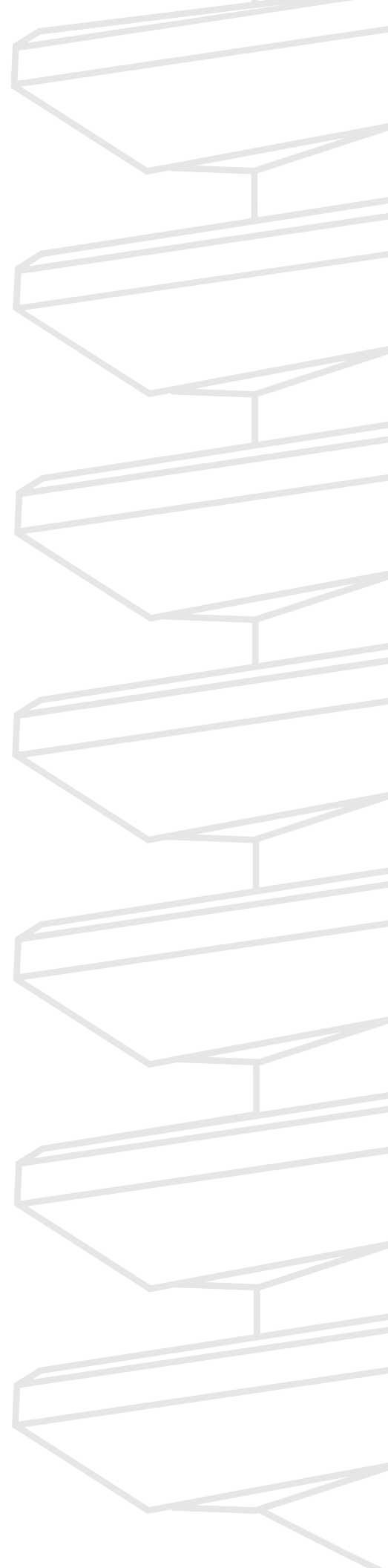
## Posterolateral Distal Fibula (PLDF) Plating System

Surgical Technique



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## Introduction

The OsteoCentric Posterolateral Distal Fibula (PLDF) plating system provides low-profile, anatomically contoured fixation. It serves as a supplemental set to OsteoCentric's Small Fragment System.

## Indications for Use

The OsteoCentric Trauma Bone Plate and Screw System is intended for fixation of fractures, osteotomies, and non-unions of the clavicle, scapula, olecranon, humerus, radius, ulna, pelvis, tibia, and fibula, including, periarticular and intraarticular fractures.

## Contraindications

The physician's education, training, and professional judgment are necessary to determine the appropriate treatment protocol and patient selection. Contraindications may be relative to each patient, and clinicians should always consider all risks and possible reactions when considering the proper treatment protocol.

Specific contraindications include:

- Active or latent infection
- Insufficient quantity or quality of bone/soft tissue
- Material sensitivity – If suspected, tests should be performed prior to implantation.
- Sepsis
- Patients who are unwilling or incapable of following postoperative care instructions.
- Spinal fixation – This device is not intended for screw attachment or fixation to the posterior elements (pedicles) of the cervical, thoracic, or lumbar spine.

## Features & Benefits

Posterolateral Distal Fibula plates with:

- Distal 3.3mm locking/non-locking fasteners
- Long Syndesmotic slot for 3.5/4.0mm fasteners
- Available with 2, 4, 6, 8, and 10 holes in both right and left configurations
- Plates and fasteners are manufactured from stainless steel

The surgeon must select the type and size of the implant that best meets the patient's surgical needs. Refer to the Instructions for Use for indications, contraindications, precautions, warnings and cleaning instructions.

To obtain these materials or more information about these products, please contact Customer Service at [1-800-969-0639](tel:1-800-969-0639).

# Introduction

## Preoperative Preparation

Prior to surgery, ensure that both instrument sets are complete and appropriate implant sizes are available.

- OsteoCentric Small Fragment Set
- OsteoCentric Posterolateral Distal Fibula Set

## Posterolateral Distal Fibula Plate Technique

The Posterolateral Distal Fibula Plate is implanted using the techniques outlined in the Small Fragment System.

**Exposure:** use preferred approach and technique to expose the surgical site.

**Fracture Reduction & Plate Placement:** Reduce and stabilize the fracture per surgeon preference.

**Note:** K-wires and Lag Fasteners available.

Use fluoroscopy to confirm anatomic reduction. Position plate along the posterior aspect of the fibula, utilizing available K-wire holes for provisional fixation. K-wire holes accept 1.25mm or 1.6mm size wires.

**Utilize From the Small Fragment System:**

- 130005 1.25mm X 150mm K-Wire Smooth
- 130010 1.6mm X 150mm K-Wire Smooth

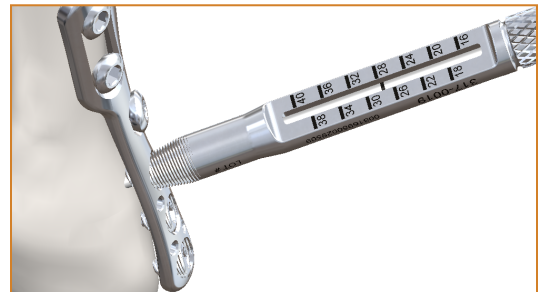
**Back Table Drill Guide Assembly:** To easily align the 3.3mm Locking Drill Guides (317-0019) into the distal locking holes, the PLDF set includes PLDF Backpack Guides (Right: 319-0001, Left: 319-0002). While holding the backpack guide against the distal end of plate, thread one or more locking drill guides through the backpack guide into the plate. Open and remove the backpack guide after installing locking drill guides.

**Note:** The Drill Guide Backpack construct can be pre-assembled on the back table or within the surgical field once provisional plate fixation has been achieved. The Backpack's hinge should be oriented proximally to engage plate.

## Distal Bone Preparation

Drill 2.0mm pilot holes using 2.0 X 130mm Drill Bit Calibrated (317-0020) through a locking drill guide. Determine the required length of the fastener by using the scale on the locking drill guide.

**Note:** 2.7mm & 3.3mm Non-Locking Fasteners do not require use of locking drill guides.



**Locking Distal Fastener Insertion:** Insert the selected fastener using the preferred 2.5mm hex screwdriver. It is highly recommended to use the Backpack Guide to prevent cross-threading of the fastener locking threads. See table below for hole fastener compatibility.

**Shaft Fastener Insertion:** Shaft fasteners may be placed in either neutral or compression positions in the shaft slots. Shaft fasteners may be placed in either neutral or compression positions in the shaft slots.

**Note:** If during any fastener insertion technique excessive insertion torque is encountered, it is highly recommended to remove the fastener and utilize the correctly sized tap to prepare the bone for fastener insertion.

Utilize From the Small Fragment System:

- 110422 2.7mm Screw Fastener Tap 110mm
- 110424 3.5mm Screw Fastener Tap 110mm
- 110444 3.5mm Screw Fastener Tap 135mm

**Optional - Syndesmotic Fastener Placement:** If syndesmotic fixation is needed, the syndesmotic slot is large enough to accommodate up to two 3.5mm or 4.0mm non-locking fasteners.

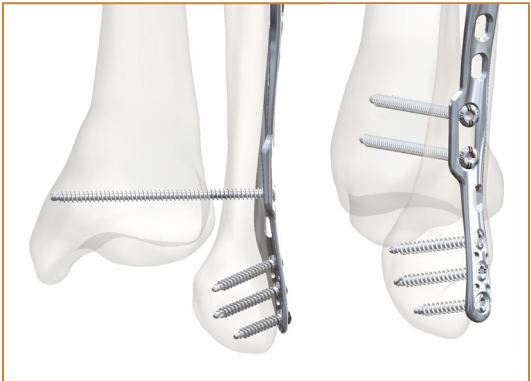
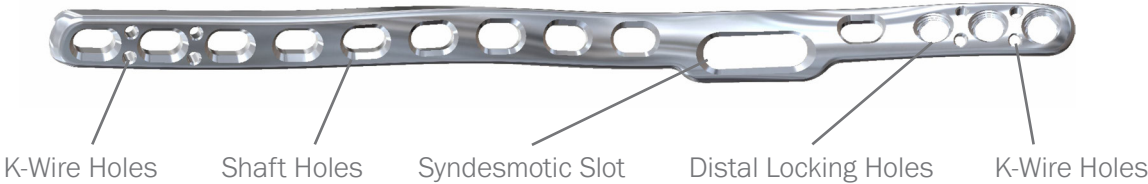


Plate Hole	Fastener Size	Pilot Hole Diameter
Shaft Holes	3.5 Non-Locking Fastener (333-1XXX)	2.5mm
Distal Locking Holes	2.7 Non-Locking Fastener (327-1XXX)	2.0mm
	3.3 Locking Fasteners (333-6XXX)	2.0mm
	3.3 Non-Locking Fasteners (333-1XXX)	2.0mm
Syndesmotic Slot	3.5 Non-Locking Fasteners (335-1XXX)	2.5mm
	4.0 Non-Locking Fasteners (340-2XXX)	2.5mm

\*Only select fastener sizes are found in the PLDF Plating System. Additional Fastener sizes are found in the Small Fragment System.



# Implants & Instruments

Complete list of implants and instruments in the PLDF Plating Set (supplementary to OsteoCentric's Small Fragment System).

Part #	Description	Set Qty	Length
<b>Plates</b>			
319-11002	Post-Lat Distal Fibula Plate 2H L	2	72mm
319-12002	Post-Lat Distal Fibula Plate 2H R	2	
319-11004	Post-Lat Distal Fibula Plate 4H L	2	94mm
319-12004	Post-Lat Distal Fibula Plate 4H R	2	
319-11006	Post-Lat Distal Fibula Plate 6H L	2	114mm
319-12006	Post-Lat Distal Fibula Plate 6H R	2	
319-11008	Post-Lat Distal Fibula Plate 8H L	2	135mm
319-12008	Post-Lat Distal Fibula Plate 8H R	2	
319-11010	Post-Lat Distal Fibula Plate 10H L	1	156mm
319-12010	Post-Lat Distal Fibula Plate 10H R	1	
<b>Fasteners</b>			
333-1024	3.3 Bone Screw Fastener, ST 24mm	4	24mm
333-1026	3.3 Bone Screw Fastener, ST 26mm	4	26mm
333-1028	3.3 Bone Screw Fastener, ST 28mm	4	28mm
333-1030	3.3 Bone Screw Fastener, ST 30mm	4	30mm
333-6024	3.3 Locking Fastener, ST 24mm	4	24mm
333-6026	3.3 Locking Fastener, ST 26mm	4	26mm
333-6028	3.3 Locking Fastener, ST 28mm	4	28mm
333-6030	3.3 Locking Fastener, ST 30mm	4	30mm
<b>Instruments</b>			
319-0001	PLDF Backpack L	1	
319-0002	PLDF Backpack R	1	
317-0019	3.3mm Locking Drill Guide	4	
317-0020	2.0 X 130mm Drill Bit	2	



## Additional Information

To learn more about the full line of innovative OsteoCentric Technologies surgical solutions, please contact us by calling 1-800-969-0639 or visiting our website at [OsteoCentric.com](http://OsteoCentric.com)

Manufactured By OsteoCentric Trauma, 75 West 300 North Suite 150, Logan, UT 84321, 1-800-969-0639

### Note

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TR-019-LBL-0002- Rev 02