

Osteotomy

Useful guidelines for your child's recovery at home

Activity

The affected hip will be non-weight bearing for six weeks or as directed by the surgeon. A physiotherapist will give your child exercises to do at home. Before leaving hospital, please ensure you have all mobility aids (crutches, wheelchairs or frames) arranged for home and ask the physiotherapist for any assistance in using these.

Wound care

The dressing will be waterproof, so showering can occur. The nurses will direct you as to how to care for the dressing on the day of discharge, as this is different with each surgeon.

Generally, the waterproof dressing will last 7-10 days post procedure. You will be required to remove the dressing, cut the end of the sutures flush with the skin and leave the wound exposed, 2 weeks from the day of surgery. If you require assistance with this your local GP can assist you.

If your child has a broomstick plaster cast, then additional information will be provided by the nurses.

Hygiene

Your child may need assistance in the shower for the first couple of weeks at home.

The waterproof dressing can be pat dried. It is important to keep it clean and dry between showers.

Discomfort

Your child may feel some pain or discomfort in the days following surgery as they start to move around more. Paracetamol will help with this.

Medications

- You can give your child paracetamol for one to two days if needed (ensure you follow correct dosage instructions for your child's age)
- Paracetamol can be given every four to six hours but no more than four times in a 24 hour period
- Give any other pain relief prescribed by your surgeon
- Ibuprofen can be given as directed by your surgeon (please note, this must be given with food)

Please note, some pain relief medication can cause constipation. Ensure your child drinks plenty of water and eats fresh fruit and vegetables to reduce the risk of constipation.

Follow-up

Please contact your surgeon's rooms to organise a follow-up appointment, if you don't already have one.

When to contact your surgeon

Please contact your surgeon if your child has:

- A persistent temperature of 38.5°C or higher
- Strong pain unrelieved by regular pain relief
- Persistent fresh bleeding or extensive bruising around the wound site
- Numbness in their legs
- A fall

A note before you leave the hospital

Please report to the reception desk in the foyer of the hospital before leaving to finalise any administrative paperwork.

Questions

If you have any questions or concerns, please don't hesitate to contact your discharge ward on the number below.