



## **Hip Spica - Information Leaflet**

Following an x-ray and examination of your baby it has been decided that your baby requires further examination and treatment. Because there is a lot of information to take in on this visit, the following information we hope will help you understand what will occur during treatment of your baby.

It has been decided that your child requires a procedure to improve the position of the hip joint; you will be notified by the hospital of this date once known. A few weeks before your baby attends for the procedure you will receive an appointment for the pre-assessment clinic where you will meet the pre-assessment team. You will receive information on what to bring on the day of your baby's procedure and information on the hip spica cast.

The procedure is carried out under general anaesthetic as a day case procedure. The aim is to improve the position of the hip joint. To maintain this position for a number of weeks a **hip spica cast** is used. Usually 2 casts over a period of 12 weeks is the timescale. However each baby is treated specific to their needs and you will be kept informed at every step.

While your baby is in the operating theatre the hip joint may be examined further with the injection of dye and examination under x-ray. This is called an **Arthrogram**. The consultant will examine the hip joint and structures surrounding it.

Another procedure that may be carried out is a **tenotomy**. A tenotomy is a release of a small tendon in the baby's groin that is restricting the movement of the hip joint. This may be released by a small cut in the groin- no stitches are required.

Because your baby's cast is wide it is important to think about your baby's car seat and buggy. You will receive further information at the pre assessment clinic about this.

***If you have any questions you can contact us Monday-Thursday: 9am-4pm***

***Tel No: 021 4926175 or 021 4926485***

***After 4pm, weekends and Bank Holidays contact:***

***021 4926100 and ask for Nursing Administration on Bleep 725***

The following websites are a good source of information;

**[www.hipdysplasia.org](http://www.hipdysplasia.org) and [www.stepscharity.uk](http://www.stepscharity.uk)**