

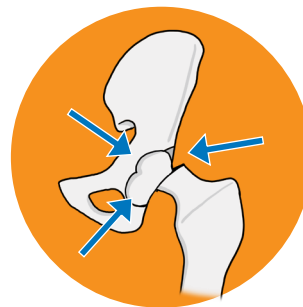
Before surgery

Slipped hip or Slipped Upper Femoral Epiphysis (SUFE) (fem-or-al) (e-pif-i-sis)

Some bubs have hips where the ball at the top of the femur bone slips off the bone. This is a slipped hip or a SUFE. Bub must not walk on their leg until they have surgery. Surgery is needed to fix the hip.



Normal hip



Slip hip

What about the good hip



There is a small chance that the good hip may slip in the future. The doctor may have a yarn with you about having surgery on the good hip as well. If surgery is not done on the good hip, it is very important that you keep an eye on the good hip for any signs of hip, thigh or knee pain.

Tell your specialist, GP, health clinic or physiotherapist if there is pain. To stop the hip getting worse bub will not be able to do things they would normally do.

- Bub will need help to go to the toilet or shower.
- Bub may need to use a wheelchair, or stay in bed.
- Yarn to the nurse, physio or occupational therapist (OT) to see how bub can move around safely.



The surgery

Screws or wires will be used to hold the ball back in its place.

After the surgery

- Bub will have an IV 'drip' in their arm to help with pain and may need to take tablets too.
- Bub may have a urinary catheter for 1-2 day to help them when they need to pee.
- The catheter will be taken out after they do a poo. Sometimes after surgery pooing can be hard for bub, the nurse will give medication to help.
- To help stop pressure sores, a nurse will check bub's skin every 2-3 hours and move them.
- The nurse will let you know when bub can use a wheelchair or crutches.
- 3 - 5 days after surgery a special scan will be done to check on the hip.

While in the hospital

- There are school teachers that will visit bub at the bedside.
- There are fun places to visit like Fun on Four once you can use the wheelchair.
- Bub can also bring in things from home like an iPad, mobile phone or books to keep busy.

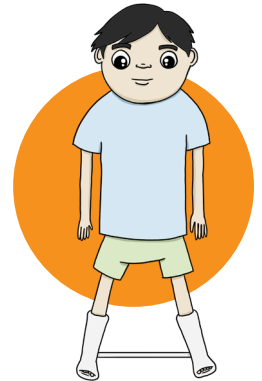
Slipped hip after surgery

Leg position

After surgery, bub's legs will be placed either in a broomstick cast or pillow. These help keep the hip in a safe position and stop bub from accidentally turning over or moving their leg the wrong way.

1. **Broomstick cast** - Casts are placed on the legs for a few days to keep them apart.

- Bub will need to stay in bed till the casts are taken off in 2 – 3 days.
- Bub will be shown by nurses the safest way to move and go to the toilet.
- After a few days bub will have a scan, the cast will come off for this.
- The OT will loan bub a wheelchair to use.
- When ready the physio will let bub use crutches.

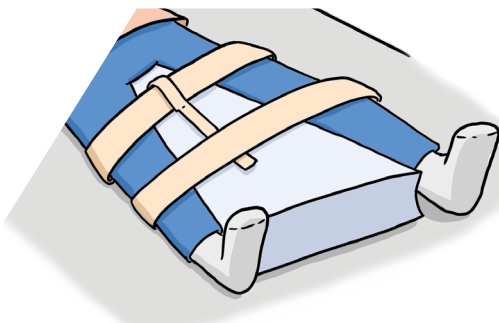


For the first 6 weeks when sleeping or resting bub will only need to use the back part of the cast to keep their legs straight.

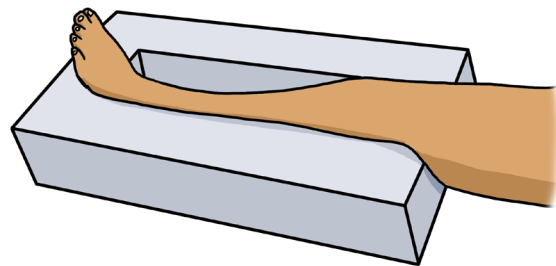
Or

2. **Pillow** - Bub's leg may be in a special pillow that stops it turning inwards or outwards.

- After a few days this will change to a foam wedge (triangular pillow) that is strapped between bub's legs.
- This pillow will need to be worn for 6 weeks when bub is sleeping or resting.



Foam wedge pillow



Anti-rotation box pillow

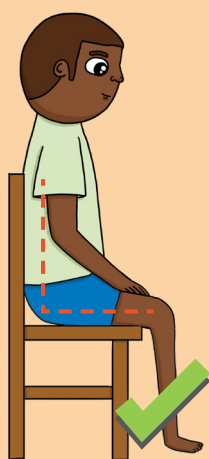
Good to know

- It's really important to follow the **advice given by the doctor, bub can damage their hip** and will need to go back to hospital and start again.
- Bub's hip needs time to heal. The doctor will let you know when they can start slowly using their leg.
- Bub can use a wheel chair or crutches to get around when they are not able to walk.
- Bub will need to be careful in **how they move** and **position** their leg when **lying, sitting and walking**.

For the first **6 weeks** after your surgery:

Don't bend the hip more than 90°.

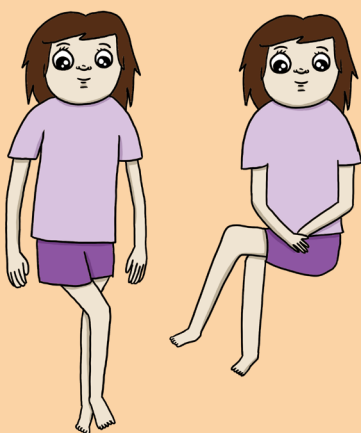
Knees need to be level or lower than the hips, when sitting.



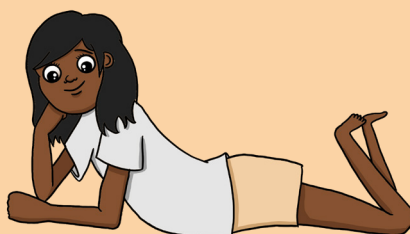
Don't lean too far forward when sitting.



Don't cross legs.



Don't lie on their tummy.



Don't twist feet too far inwards or outwards.



If you have any questions, worries or concerns please call:

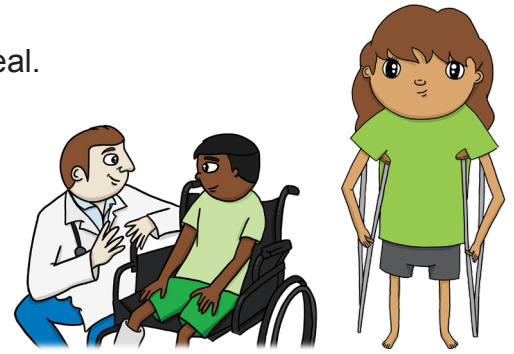
Occupational Therapy
Department 6456 0409

Physiotherapy Department
6456 0412

PCH switchboard
6456 2222

Getting around in a cast

- The OT and physio have an important role in helping bub to heal.
- Bub will not be able to do as much as they would like. They need **time to heal and not to push themselves**.
- Bub's **first-time out of bed**, they can be in the wheelchair for **15 minutes** and in time, slowly do more.
- For the **first 6 weeks** bub will need to use a wheelchair or crutches to get around. Bub will not be able to put too much **weight on their leg**, when moving in and out of the wheelchair.
- Some children need to stay off their leg; others can gently rest their leg on the ground. Your doctor will yarn with you about this.



The OT will show bub:

- How to get out of bed.
- The safest way to use the wheelchair.
- How to get in and out of the wheelchair.
- How to move around the ward and hospital.
- How to get in and out of a car- the OT can show how to do this in your car.
- OT helps teach self-care like showering and going to the toilet.

Special equipment

The OT will yarn to you about what equipment bub may need when they go home, so they can:

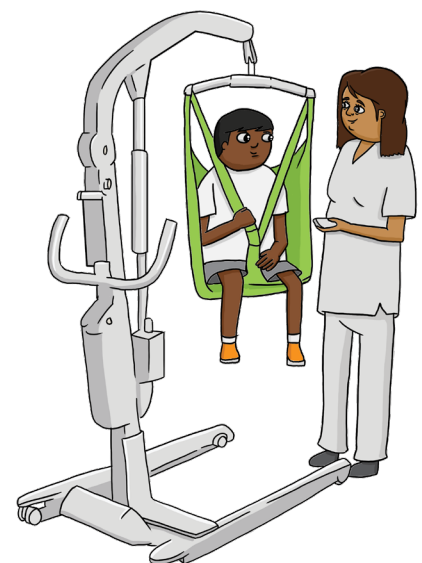
- get in and out of the house
- move around the house
- shower
- go to the toilet
- move from the bed or couch.

Equipment can be borrowed from the hospital.

The OT will show how to set up and use the equipment on the ward so you know what to do at home.

If bub doesn't live in Perth, a referral will be sent to your local hospital for the equipment.

The OT or physio will **yarn** to bub and family about **going back to school** and any worries you might have about using the wheelchair at school.

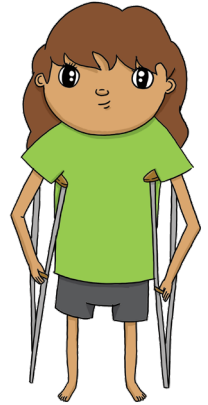


Crutches

The physio will show bub how to use crutches, when they are ready.

To start, bub will only be able to use them for **short distances at home**. As they slowly get stronger, bub will be able to go further.

- Bub will need to use the crutches for **3 months**.
- The physio will give bub **different exercises** to do.
- It will take time to get back to normal activities.
- **Follow** the **advice** of the surgeon, doctor and physio.



Helping heal the leg

For the **first 6 weeks** after surgery when standing or walking with crutches bub:

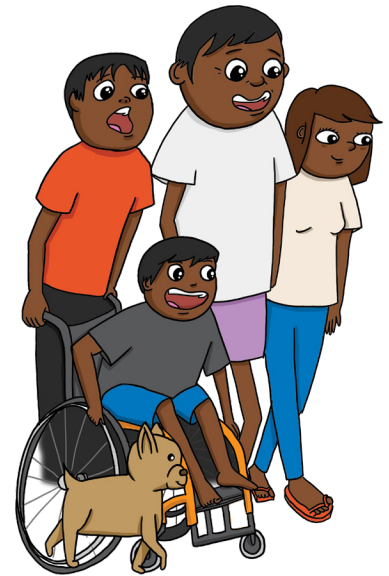
- Must not put weight on their leg **OR**
- Only **gently** rest their leg on the ground. **No leaning or pushing** on the foot.

At the **6 week** appointment an **x-ray** will be done to check how bub's leg is healing. If bub is healing well, they can slowly, bit by bit, put more weight on their leg:

- **6-8 weeks** after your surgery: gently touch leg on the floor.
- **8-10 weeks** after your surgery: resting whole foot on the floor.
- **10-12 weeks** after your surgery: standing on both legs.

As weeks go by bub can use their crutches more and more, this will help their body get stronger.

- Bub will still need to use a **wheelchair for longer distances** like shopping or walking around town for the **first 3 months**.
- This is to make sure bub doesn't overdo it and hurt their leg again.



Hydrotherapy

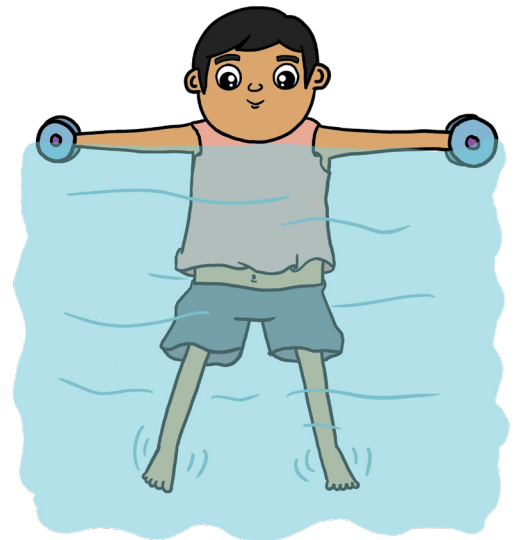
About **2 - 4 weeks** after surgery when the **wound has healed** bub will be able to do hydrotherapy (hi-dro-th-air-a-pee) water exercises this will help with pain.

The Physio Department at the Hospital runs a session every Wednesday morning from 9.00am – 10.00am.

- Come dressed in bathers.
- Bring change of clothes.
- There is a ramp and a hoist to help get bub into the pool if they can't walk on their leg.

If bub doesn't live in Perth, a referral will be sent to a local physio for help with hydrotherapy exercises or non-water exercises.

- When no longer using crutches bub can go to the local pool to exercise.

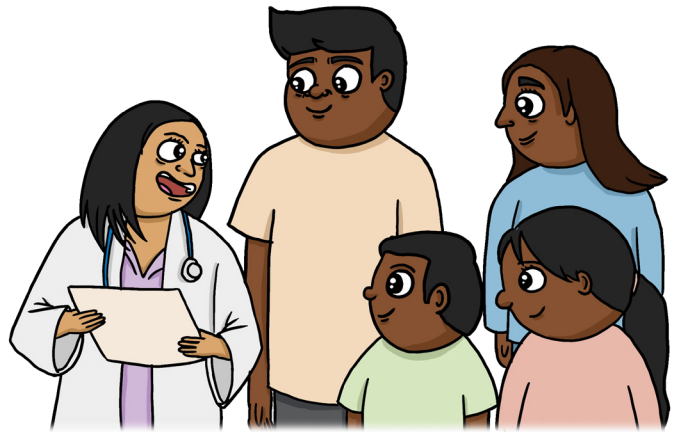


Follow up appointments

It is **important** to go to all the **follow up appointments** to make sure the hip is healing. An appointment with Orthopaedic Outpatients (Clinic C) will be made before leaving the hospital for about 2 weeks after surgery.

There will be **4 other appointments** made for the doctor to check on bub's hip:

- 6 weeks after your surgery
- 3 months after your surgery
- 6 months after your surgery
- 12 months after your surgery.



Government of **Western Australia**
Child and Adolescent Health Service

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