

## Club Feet

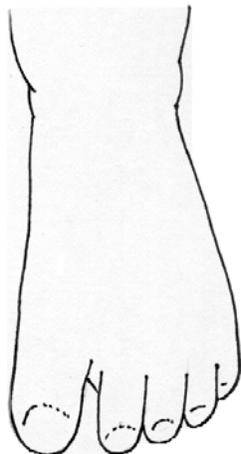
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### What is a club foot?

A club foot is turned inward. Usually the heel turns inward, the foot points down and the toes curve inward. This can affect walking and finding shoes. A child may have only one foot affected, but it is more common to have both feet affected. Not all club feet look the same. Some children are more affected than others. We do not know exactly what causes club feet.

A club foot requires treatment to put it into a normal position. For some children, a club foot can be corrected with a series of casts over several months. The doctor decides how often to change the casts. The casts are changed in the Fracture Clinic.

**Baby's foot in normal position**



**Club foot**



## **When is surgery needed?**

If casts do not correct the position of the foot, surgery is needed. Surgery is done to improve how the child walks.

## **What happens before surgery?**

Your child will have an appointment in the Pre-op Clinic in the Same Day Surgery Unit. A Child Life Specialist and a nurse will help you and your child get ready for surgery. Depending on your child's needs, your child may also see the Anesthesiologist. The Anesthesiologist is the doctor who will give your child medication that makes him or her sleep during surgery. You will be given a checklist of instructions to follow the day before surgery.

On the day of surgery, come to the Same Day Surgery Unit. Your child will change into hospital clothes and go to the operating room. If your child is older than 12 months you may go with him or her to the operating room.

## **What happens during surgery?**

An intravenous line, called an IV, will be started in an arm or hand to give your child fluids and medications. Your child will be given a general anesthetic so that he or she will be asleep during the surgery and not feel any pain.

During surgery, the surgeon adjusts the tendons and ligaments, and moves the bones into a more normal position. This takes about 2 hours for each foot. At the end of surgery, a cast is applied to hold the foot in the right position.

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## What happens right after surgery?

Your child will go to the Post Anesthetic Care Unit (PACU) after surgery. In the PACU, your child will be closely monitored until he or she is fully awake. As soon as possible, the nurse will bring you to the PACU to be with your child.

When your child is ready, he or she will be moved to the children's ward. The ward nurses will continue to care for your child during his or her recovery.

## How will my child's pain be relieved?

After surgery, the amount and type of pain is different for each child. At first, your child will be given medication through the intravenous line. When your child is drinking well, he or she can have pain medication by mouth as needed. At home you can give your child non-prescription pain medication such as acetaminophen (Tylenol®). If needed, the doctor will give you a prescription for stronger pain medication.

## How do I care for my child?

For at least 3 days after surgery your child will have to keep his or her feet raised to prevent swelling.

Before you leave the hospital, you will be given instructions about caring for your child's cast.

## When can my child go home?

Your child will stay in the hospital for 1 to 3 days. Before you go home, make sure your child has a follow-up appointment with the surgeon 1 to 2 weeks after surgery.

## When should I call the doctor?

Call the surgeon right away if you notice your child has any of these problems:

- a fever; a temperature higher than 38.5°C or 101.3°F
- trouble moving his or her toes
- numb toes or feet
- bluish, cold or swollen feet
- pain that is increasing and is not relieved by pain medication
- the cast feels tight
- the cast becomes soft or cracked
- there is a bad smell from under the cast

Call McMaster Children's Hospital at **905-521-2100** and ask for the surgeon's office.

After hours or on weekends, call **905-521-5030** and ask for the Pediatric Surgeon on-call.

If you cannot reach the surgeon, bring your child to the Emergency Department at the McMaster Children's Hospital. If you are not in the Hamilton area, go to the nearest emergency room.

**For questions that are not urgent, please call your  
family doctor or pediatrician.**

## How can I contact the doctor?

During business hours call 905-521-2100, ext. 76443 and ask to be connected with the doctor's office. If the doctor is unavailable, ask for the surgeon on-call to be paged.