



A planning guide for your child's orthopedic surgery

Your child's health care team will help you and your child prepare for surgery by giving you information:

- to help you make decisions about surgery
- about what to do before the surgery
- about what will happen in the hospital
- about how to care for your child at home after surgery

Use the folder to keep all your information together. Bring it with you to all your appointments and when you come to the hospital for surgery. We hope this information and our support will make this time a little easier for you and your family.

**If you have any questions or concerns,
please talk with any member of the health care team.**

Making decisions about surgery

For some families, the decision about surgery can be a difficult one and may involve many people. Your child may need some assessments to decide whether surgery is recommended or to determine the type of operation needed.

The assessments may include:

- Motion Laboratory testing
- videotaping
- a trial of Botox®
- a thorough evaluation of muscle strength and flexibility

Before you decide whether your child will have surgery, consider:

- the type of surgery
- the alternatives to surgery
- the risks and benefits of the surgery and the alternatives
- the implications for you and your family on accessibility, equipment and transportation
- the need for therapy after surgery

The doctor and other members of the health care team will give you this information and discuss the decision with you.

If the surgery is planned (elective), you may be able to choose when to have the surgery. Choose a time that is best for your child and family, when supports will be available.

Here are some things to consider:

- You may want to avoid busy or stressful times such as holidays.
- You may want to avoid certain seasons. For example, if your child has surgery in the summer, he or she will be very uncomfortable being in a cast if you do not have air conditioning in your home.
- If your child is in school, you may want to avoid having surgery at the start of the school year or at a time of change, such as the start of high school.
- Think about the time of year when your child will be having surgery and rehabilitation. You may have to take time off work during this time.

Learning about your child's surgery

The name of your child's operation is:

The goals of surgery and rehabilitation are:

Your child's pre-operative appointment:

Date of your child's surgery is:

Frequently asked questions:

How long will my child be in hospital? _____

Can I stay with my child in the hospital?

Will my child be in casts? What type?

How will pain be managed?

How long will it take to reach our goals?

Your child's health care team

Your child's care will be provided by teams from:

- McMaster Children's Hospital:
 - ▶ the Children's Developmental Rehabilitation Program (CDRP) at the Chedoke site
 - ▶ the hospital pre-op and post-op health care team at the McMaster site
- the Community Care Access Centre (CCAC)

Use this chart to help you remember your child's caregivers.

Team member	Name	Phone #
CDRP Physiotherapist		
CDRP Occupational Therapist		
CCAC Case Manager		
CCAC Physiotherapist		
CCAC Occupational Therapist		
Surgeon		
Hospital Nurses		
Hospital Physiotherapists		
Hospital Occupational Therapists		
Social Worker		
Hospital CCAC Case Manager		
Dietitian		

What to do before surgery

- Tell your CDRP therapists, CCAC Case Manager, and CCAC therapists when your child will be having surgery.
- The therapists from the McMaster Children's Hospital (CDRP and hospital) and CCAC will work together to plan your child's care. If you are not currently involved with the CCAC, but will require services in the home, a referral will be made before your child's hospital admission or while your child is in the hospital.
- Plan for the equipment your child **may** need.
The CCAC therapists will organize the equipment for in-home use. The CCAC will fund 2 items for 1 month. If your child needs the equipment longer, the CCAC may extend the coverage or you, your health insurance plan or Ontario Works may cover some equipment costs.

- Hospital bed: tray frame
 Seating: _____ (type)
 Wheelchairs, or adaptations to the wheelchair your child already has, to be used while your child has casts or after the casts come off:

-
- _____ (type)
- Mobility aids: _____ (type)
 Toilet and bath equipment _____ (type)
 Transfer or lifting equipment _____ (type)
 Braces (orthotics). Your child's braces may be adjusted or new orthotics may be needed after surgery. Type and plan:
 If back surgery is planned your child may need a brace or changes to his or her seating. Type and plan:
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-
- Ramps: _____
 Positioning equipment (eg: gaiters): _____
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Caring for your child after surgery – what you need to know

The health care team will work together with you to help you learn how to take care of your child after surgery. This teaching will begin before your child's surgery and continue throughout your child's recovery.

- ___ Your child's breathing
 - breathing exercises _____
 - changing position for ventilation _____
 - ___ Turning or lifting your child
 - turning or changing positions _____
 - lifting techniques _____
 - using equipment _____
 - ___ Positioning to maintain muscle strength
 - ___ Managing your child's pain and spasticity
 - medication _____
 - positioning _____
 - comfort measures _____
 - ___ Managing your child's bladder and bowels
 - diapering _____
 - using the toilet or toilet equipment (bedpan, urinal, commode) _____
 - ___ Feeding

 - ___ Caring for your child's skin
 - skin care _____
 - bathing or showering _____
-

Safety issues

crutches _____

car seat or seat belt _____

Plans for care after surgery

therapy _____

follow-up appointments _____

transportation _____

entertainment and activities _____

return to day care or school _____

While you are in the hospital

You will be given more information about your child's recovery and care at home. These information sheets are also available:

- Relieving your child's pain
- Constipation
- Caring for your child's cast
- Transportation
- Muscle length and strength

Your child's health care team will work together with you to make sure you are comfortable with all aspects of caring for your child, including:

- your child's mobility
- feeding your child
- breathing exercises
- your child's personal care

The Community Care Access Centre (CCAC) Case Manager at the hospital is your link between the hospital and the CCAC services at home, which may include:

- | | |
|--|--|
| <ul style="list-style-type: none">• nursing• physiotherapy• occupational therapy | <ul style="list-style-type: none">• personal support worker• nutrition services• acquiring equipment |
|--|--|

Before you leave the hospital

Before you and your child leave the hospital make sure you:

- can move your child safely and that he or she can fit through the doorways of your home
- know if he or she is allowed to bear weight and when
- have safe transportation home and for follow-up appointments
- have a follow-up appointment with the surgeon
- know the warning signs of complications and who to call for help
- know how to relieve or control your child's pain (make sure you receive a prescription for pain medication) and spasticity as needed
- have a referral for CCAC services at home, if needed

The hospital staff will notify the CCAC when your child will be discharged from the hospital.

What to do at home

Your child's daily care needs may be somewhat different at home. You can use the information you were given in the hospital as a place to start. Review any new and changing needs with your CCAC health care team. It may help to use the "What you need to know" list on page 6 and 7.

The health care team will work together with you to design a rehabilitation program for your child. Your child's progress will depend on many factors such as the type of surgery and how he or she responds. The goals for your child's rehabilitation will change over time and this process can take up to a year.

When your child is able to travel easily and comfortably, he or she will come to CDRP for out-patient rehabilitation services.

Goals for rehabilitation

1. Your child moves comfortably within the limits for weight bearing and activity as ordered by the physician.

- Your child will have some pain and muscle spasm. The health care team will help you know how to make your child as comfortable as possible. Medication and supportive equipment may help.
- The surgeon decides how much weight bearing your child can have. These restrictions will change over time.

Directions for your child:

2. The new length and position of your child's muscles is maintained.

- Your child's therapists will design a program of positioning and exercises depending on your child's surgery and goals. This program will take place throughout the day.
- You will learn how to position your child to maintain muscle length. You will be given an instruction sheet for "Positioning after surgery".

Directions for your child:

Goals for rehabilitation when casts are off

1. Your child begins movement after the casts or braces are removed.

- After the cast is removed your child will begin to move the parts that were restricted.
 - You will be given an instruction sheet for “Range of motion exercises”.

Directions for your child:

2. Your child does exercises to strengthen muscles and build endurance.

Directions for your child:

3. Your child's movement and activity return enough to take part in his or her typical activities.

Directions for your child:
