

## INFORMATION LEAFLETS FOR PARENTS / CARERS OF A CHILD

### GUIDED GROWTH (*Eight Plates*)



#### Why would my child need this procedure?

This procedure is carried out in children with:

A) Varus or “bowed leg deformity” and B) Valgus or “knock-knee deformity”.

#### What is a physeal growth plate?

The long bones in our body are made up of parts called the metaphysis, diaphysis and epiphysis. The epiphysis is separated from the metaphysis by a cartilage layer called the physis, commonly known as the growth plate.



Physeal growth plate

Eight plate



#### How does an eight plate actually work?

The plate temporarily restrains growth on one side of the growth plate while natural growth is allowed to continue on the opposite side. Gradually over time, the deformity is slowly corrected. This can be anywhere from several months to one year. Your child needs to be closely monitored and will be seen by their surgeon every three months. When the deformity is corrected, your child will then be scheduled for plate removal under general anaesthetic as a day case procedure. If growth is completed, it is possible to leave the plate in position; however occasionally the plate causes minor problems and may need to be removed.

#### How is it done?

The implementation of the eight plate, is performed under general anaesthetic, usually as a day case procedure. If your child is having both limbs operated on, they may be required to stay in hospital overnight. They will have a skin incision of 2-3cm over the bone at the level of the growth plate. The eight plate is secured to the bone with two titanium screws. For “knock-knees” or valgus deformity, the plate is placed at the medial side of the physeal plate (inner side) and for “bowed legs” or varus deformity, the plate is placed on the lateral side (outer side).

#### Are there any risks with this procedure?

As with all surgical procedures, there are risks of *infection and bleeding* at the wound site. Your hospital nurse will show you how to care for the wound at home.

Occasionally, the operation will *fail to correct the deformity by failing to slow the growth plate*. If this happens then the surgery may need to be repeated.

