

## INFORMATION LEAFLETS FOR PARENTS / CARERS OF A CHILD



### SINGLE ENTRY PERCUTANEOUS EPIPHYSIODESIS

#### WHY WOULD MY CHILD NEED THIS PROCEDURE?

This procedure is carried out in children with a Limb Length Discrepancy. A series of scanograms (measurement x-rays) are done every six months and also x-rays of the left hand or left elbow which tells us your child's bone age. This information will allow your surgeon to predict the leg length discrepancy that will be present at end of growth. This predicted discrepancy is what is being treated. The procedure is carried out for minor limb length discrepancies that are not suitable or severe enough to warrant limb lengthening. Epiphysiodesis may also be carried out as part of the limb lengthening programme.

#### WHAT IS AN EPIPHYSIODESIS?

This is a surgical procedure on the physal growth plate that slows the growth of that bone. Usually this is carried out on lower limb long bones to equalise limb lengths.

#### WHAT IS A PHYSEAL GROWTH PLATE?

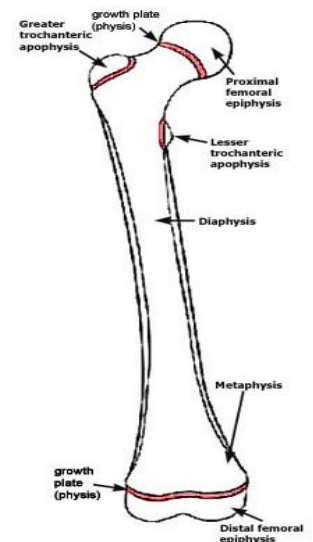
The long bones in our body are made up of different parts called the diaphysis, metaphysis and epiphysis. The epiphysis is separated from the metaphysis by a cartilage layer called the physis commonly known as the growth plate. There are four growth plates in the lower limb, one at the top and bottom of each long bone.

#### WHAT DOES THE OPERATION INVOLVE?

The procedure is carried out under general anaesthetic. Your child will be admitted to the hospital surgical day ward and will not be required to stay overnight. The procedure involves a small skin incision over the targeted growth plate (see diagram). The surgeon carries out this procedure to damage the growth plate which slows down or stops any growth.

#### ARE THERE ANY RISKS WITH THIS PROCEDURE?

As with all surgical procedures there are risks including *infection and bleeding* at the wound site. Your hospital nurse will show you how to care for the wound at home. There is a risk of the *bone fracturing* after the surgery and therefore a physiotherapist will show your child how to use crutches. Your child will be allowed to fully weight bear using crutches. It is very important to use crutches for one month after the procedure as they serve as a reminder not to run, jump or partake in physical activities. Contact sports are not permitted for three months. Occasionally, the operation will *fail to slow growth in the bone* and may need to be repeated or other surgery to equalise the limb lengths may be necessary.



## ADVICE BEFORE DISCHARGE

### PAIN RELIEF

You will be given a leaflet informing you of the times to administer pain relief. Pain relief should be given at regular intervals until your child is comfortable and pain free.

### WOUND CARE

The sutures in the skin are dissolvable. In addition, there will be paper stitches called steri-strips and a small dressing covering the wound. This is then covered with a large pressure bandage. Keep wound dry for.....days (i.e. no baths or showers) and then all the dressings except the steri-strips may be removed. Allow the steri-strips to fall off or remove after 10-14 days if they are still present.

### MOBILITY

A physiotherapist will show your child how to use crutches and teach them a home exercise programme that will keep their lower limb muscles strong whilst they are using crutches. Your child should demonstrate that they can weight bear prior to discharge home. Written instructions will be given to you by your physiotherapist on the surgery day.

### FOLLOW UP

Ensure you have your return clinic appointment date before you leave the hospital.

### WHEN DO I RETURN TO HOSPITAL AND WHEN WILL I SEE THE RESULTS OF THE PROCEDURE?

Your child will be seen after surgery in the out-patient's clinic one month after surgery. The surgeon will check the wound site and the physiotherapist will progress your child's home exercise programme to ensure they are walking correctly. They will then be seen at yearly intervals in out-patients with a scanogram (measurement x-ray) to monitor your child's growth. You will not see the results of the treatment until your child has finished growing.

For more information on [SINGLE ENTRY PERCUTANEOUS EPIPHYSIODESIS](#), please contact Clinical Nurse Specialist, Limb Construction, Phone: 01 409 6100 - Bleep 8754 (Mon – Fri). All other times, or CNSp unavailable, Ring Orthopaedic Doctor on call: 01 409 6100

**Remember: Ask your nurse if you are unsure about anything about your child's care.**

<i>Additional instructions</i>

Developed by Maria Noonan, CNSp, Limb Reconstruction

Date issued: April 2018 / Date of review: April 2021 / Reviewed: March 2022

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