



Orthopaedic Department

## Children having insertion of 8 Plates

Information for parents and carers

### Introduction

Your child has been listed to have insertion of 8 Plates (small metal plates approx. 2cm x 1cm in size secured in place by two screws). The 8 Plates are used to stop the growth in one area of your child's bone while allowing the rest of the bone to grow normally. This technique is to correct deformity or slow down the growth in the longer limb while allowing the shorter limb to catch up.

The Consultant/Surgeon will have explained to you as part of the consent process, what the aim of the treatment is for your child.

### Admission to Hospital

Your child will be admitted on the morning of the operation. The length of the stay is expected to be one to two nights. Your child will be discharged as soon as he/she is up mobilising and comfortable. Your child will be allowed to weight bear as much as they can tolerate, so may need to use crutches.

### Initial After Care

Your child will have dressings on small surgical incision and these should be kept dry for seven to ten days. The dressings can then be removed and left free. Your child may have a clinic appointment or be advised to see their GP Practice Nurse for the wounds to be checked.

Your child's rate of recovery to normal activities will depend on the number of 8 Plates inserted. It is normal to have some swelling around the knee after insertion of 8 Plate(s) in the lower femur (thigh bone) or tibia (upper shin bone). Normal activities should be possible by four-six weeks post-op.

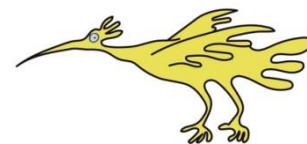
### Long Term Follow Up

**THE MOST IMPORTANT PART OF THE TREATMENT PLAN** is to ensure your child attends the regular appointments every four months to ensure the progress of the correction is closely monitored with x-rays. Failure to attend follow up appointments can lead to over correction of the deformity and your child will then be at risk of needing further treatment that may involve much larger operations.

If you have to cancel an appointment or we at the hospital cancel your child's appointment, please ensure you have a new appointment within a month. If the appointment clerks are unable to find an appointment within the appropriate time scale you **MUST** contact the Consultant Secretaries on the numbers given overleaf.



## Contact Numbers



### Hospital Number (main line)

**0151 228 4811**

Mr James / Mr Peterson / Mr Perry's Secretary	Michelle O'Keefe	Extension 4661
Mr Bruce / Ms Bucknall's Secretary	Karen Day	Extension 2376
Mr Bass / Mr Wright / Mr Widnall's Secretary	Jill Constantine	Extension 2385
Mr Talbot / Mr Walton	Ann Kershaw	Extension 2779
Mr Garg	Carol Mayne	Extension 2912
Mr Prior / Mr George	Kate Lowey	Extension 4682
Nurses	Clare Wishart	Extension 4134

This leaflet only gives general information. You must always discuss the individual treatment of your child with the appropriate member of staff. Do not rely on this leaflet alone for information about your child's treatment.

This information can be made available in other languages and formats if requested.

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