

The Cerebral Palsy Team present

MAC'S OPERATION

INFORMATION FOR PATIENTS



Do you remember Mac?

Mac went to the Movement Analysis Centre for a walking test and then needed to have an operation (**operashun**).

This booklet will tell you what happened to Mac when he had his operation.

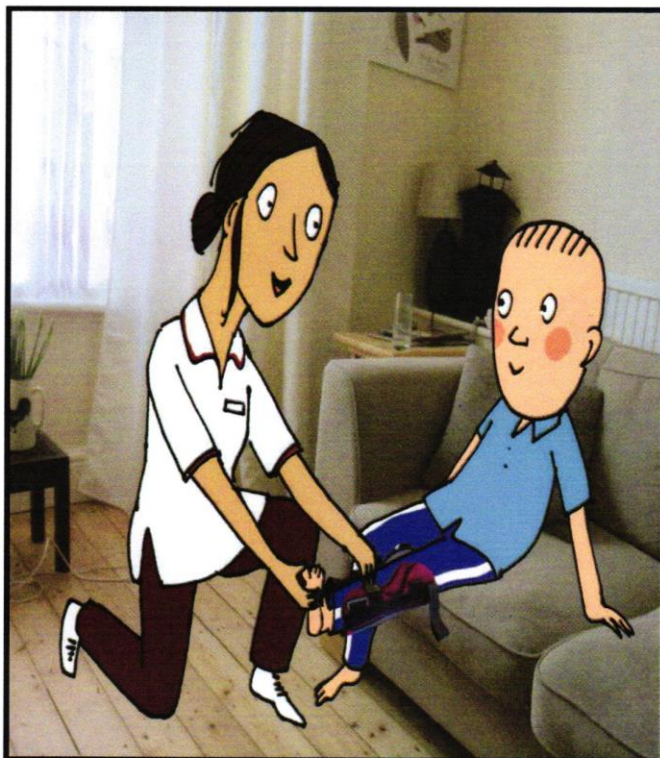
Mac saw a doctor called an Orthopaedic (**orthopaedic**) Surgeon (**surjun**).

The doctor explained that operations can help some children because they have problems with their legs.

The doctor explained to Mac and his family which operation was best for Mac.

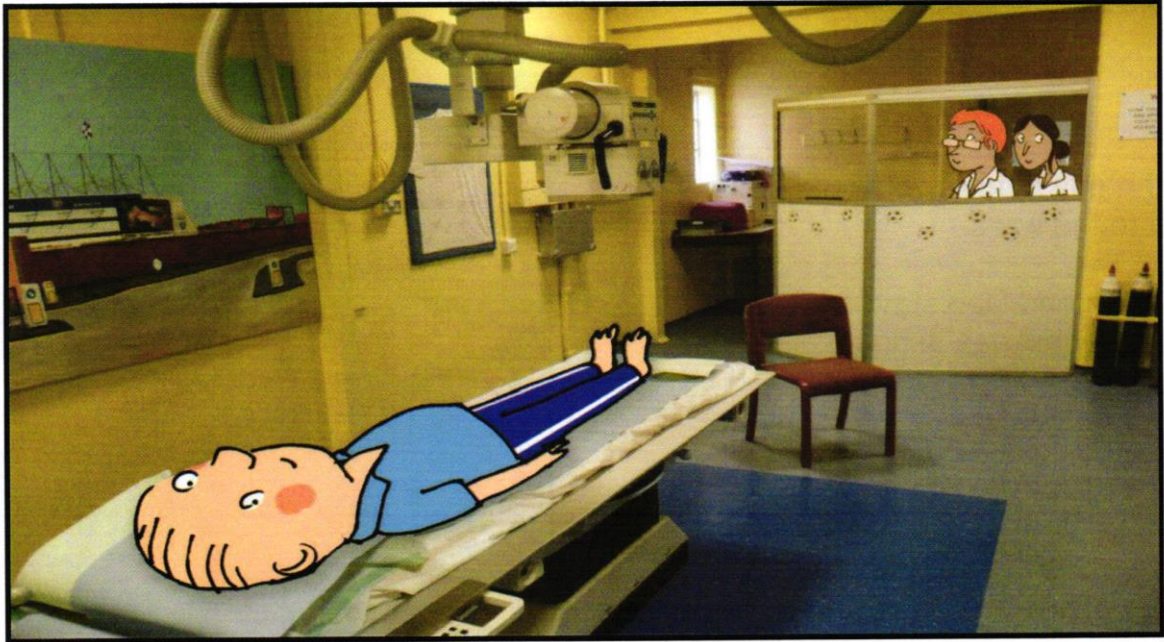
Mac and his Mum and Dad spoke to some other people at the hospital. They wanted to know all about what would happen and had lots of questions to ask.

Mac then decided he wanted to have the operation.



Mac was given some special exercises to do everyday to help him get ready.

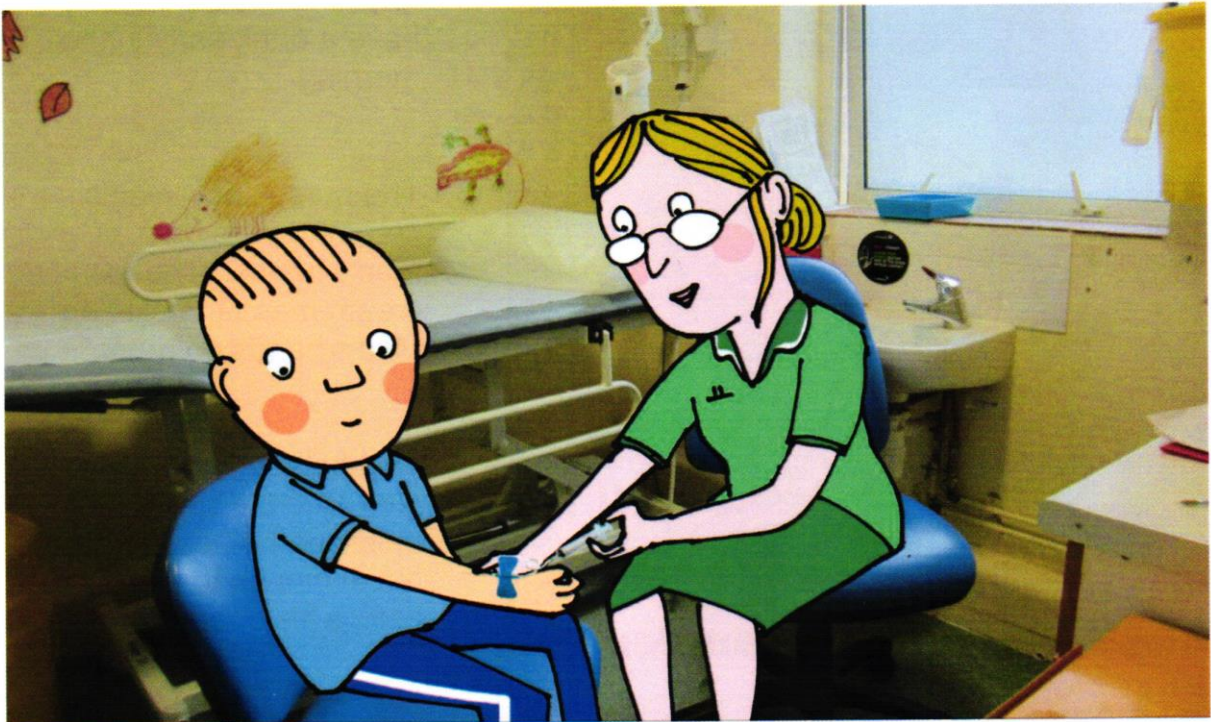
He did his exercises at home with his Mum and Dad and his Physiotherapist (**fisiotherapist**).



About six weeks before his operation Mac came back to hospital to see the doctor again. The doctor wanted to make sure everybody understood what was going to happen.

Mac also needed to have some special tests and pictures called X-rays taken.

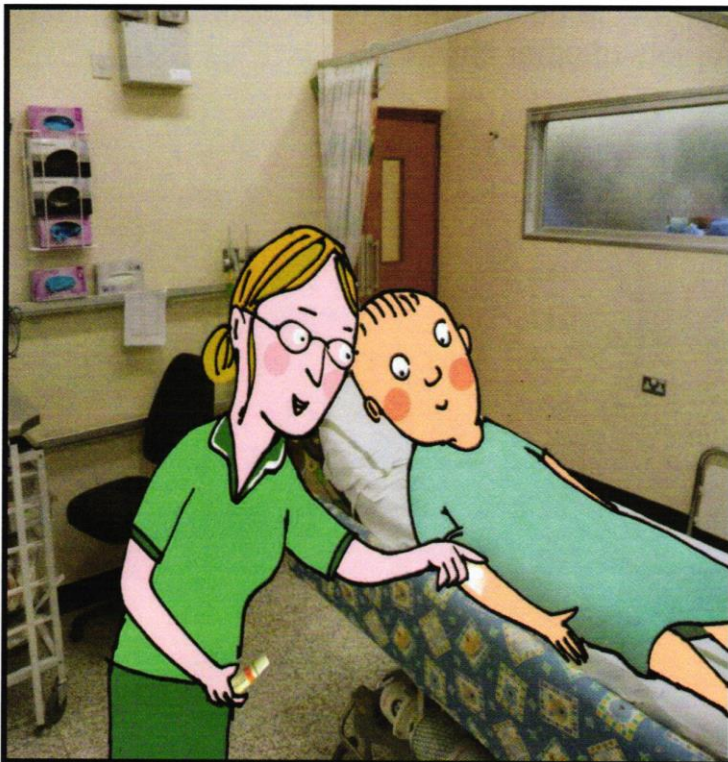
Mac went to see the place where he would be staying in the hospital. This place is called a ward and it has room for lots of other children.



On the day of his operation Mac went to the ward.

His Mum and Dad stayed with him every day he was in hospital.

His mum stayed with him at night time too.



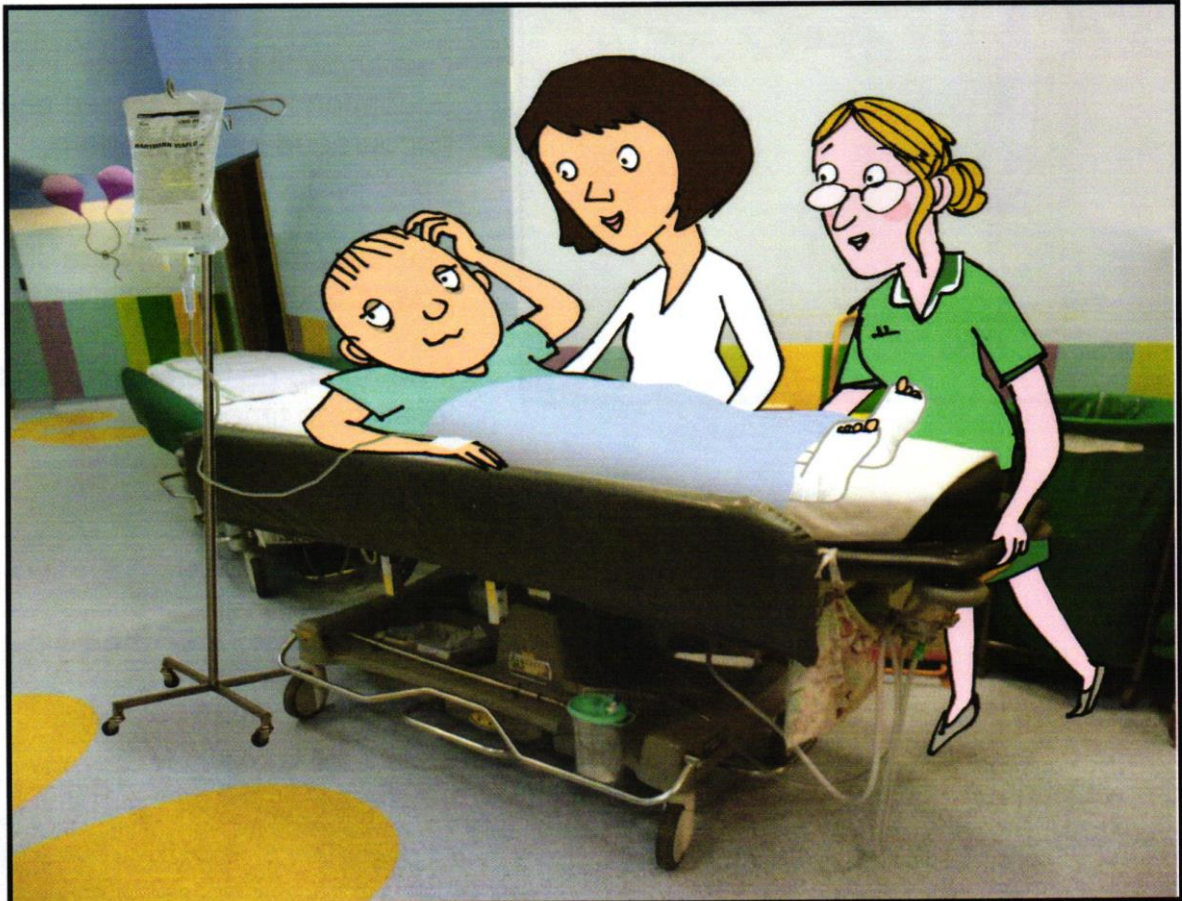
Before his operation Mac was not allowed to eat anything - but he did have a drink early in the morning.

The nurses put “magic cream” on the back of Mac’s hands. The magic cream made the skin on Mac’s hands go numb.

This helped the doctors give Mac the special medicine he needed to make him go to sleep before his operation.

Mac put on a special gown and went to a room where the doctors and nurses got him ready for his operation.

Mac's Mum and Dad went with him until he went to sleep and then they waited for him.



After Mac's operation was over he woke up in a room called Recovery (**recovery**). Mac's Mum and his nurse were waiting there to bring him back to the ward.

Mac had a small tube in his back called an epidural (**epidural**). It allowed special medicine to go into Mac's body to make his legs feel better. Mac also had a small tube in his arm. This allowed a special type of water into his body until he felt like drinking and eating properly.

He had plaster casts on his legs to help his bones heal and to keep his legs comfortable.

A nurse looked after Mac and gave him medicine which helped him.



After his operation a Physiotherapist called Lisa came to see Mac on the ward.

She helped Mac to do some exercises whilst he was still in bed.

Lisa knew that Mac was uncomfortable and scared and encouraged him to try hard.

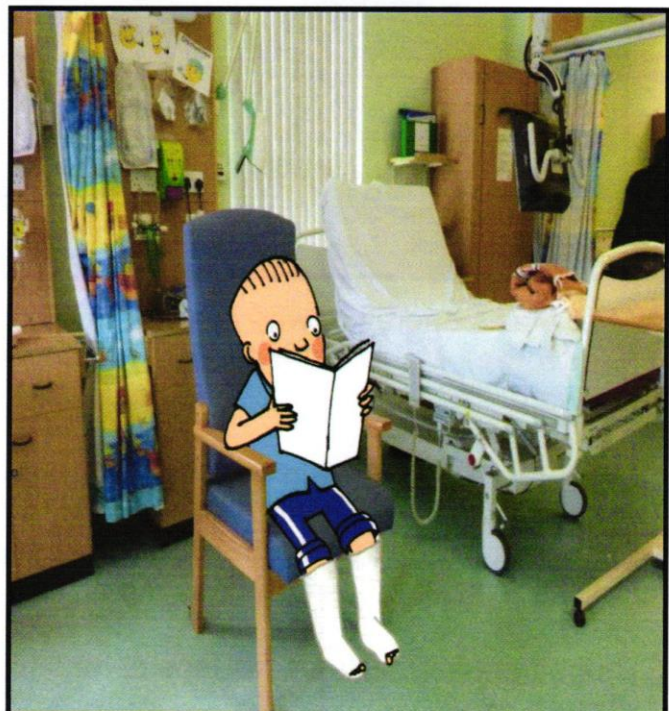
Mac's Mum and Dad were shown how to do the exercises with him.

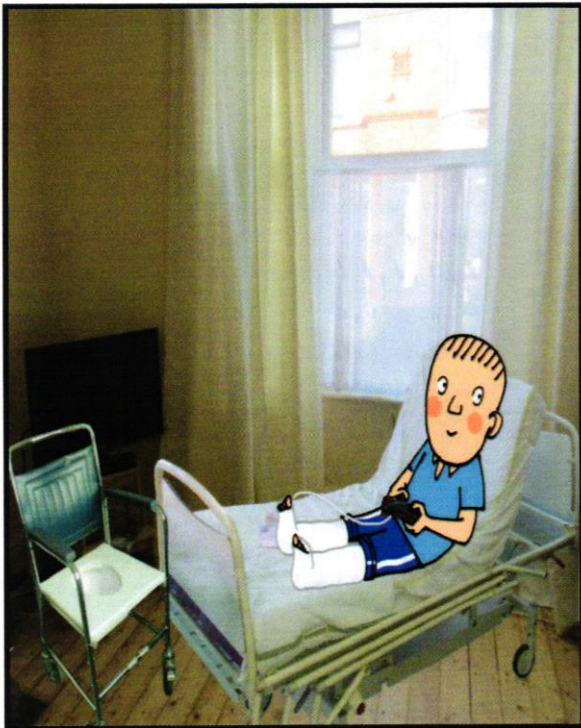
Mac had to do the exercises at least three times every day.

Over the next few days Mac's tubes were taken out and he could move about more easily.

He still needed to take some medicine so that he could do his physiotherapy exercises.

Mac stayed in hospital for ten days.





Mac went home in an ambulance. At home Mac still needed lots of help and had some special equipment to help him.

He slept downstairs for a month or two because he found it hard to go up and down the stairs.

A Physiotherapist called Steve came to help him.

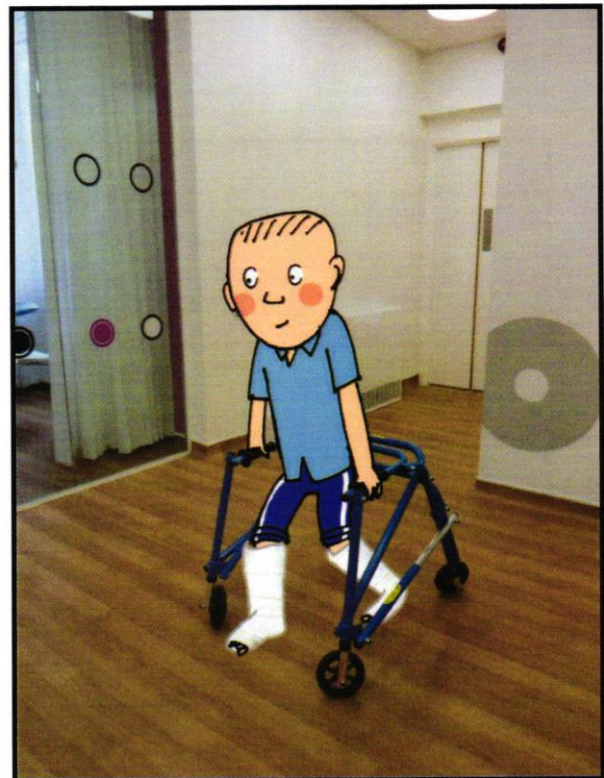
Mac kept taking some medicine to help him do his exercises for quite a long time.

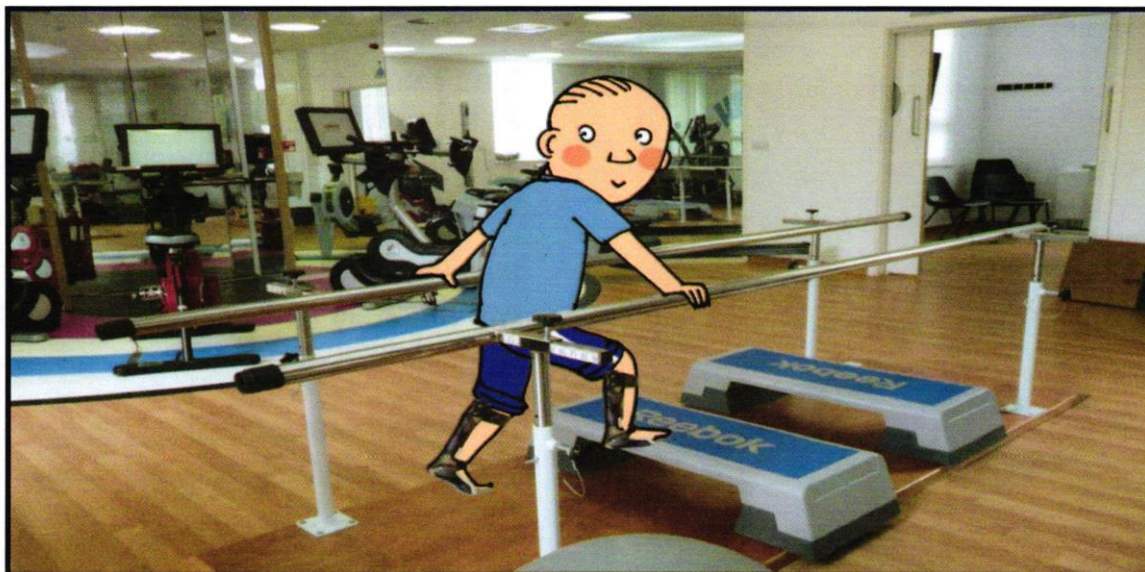
In a short time Mac was allowed to walk but he needed to use a walking frame to help him.

Some other children couldn't walk for a few weeks until their bones had begun to heal.

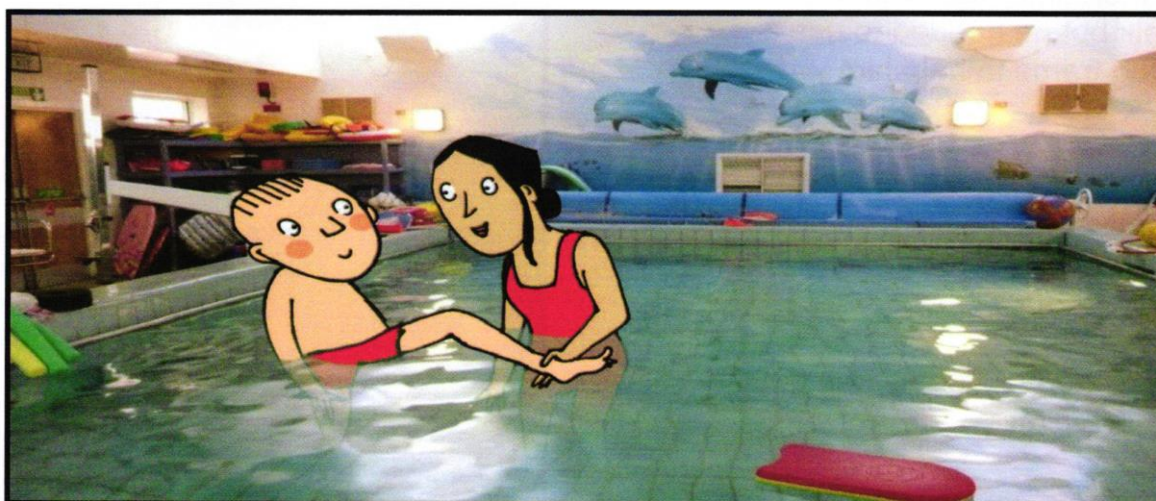
Mac came back to spend a day at the hospital.

The doctor changed his plaster casts and measured him for new foot splints



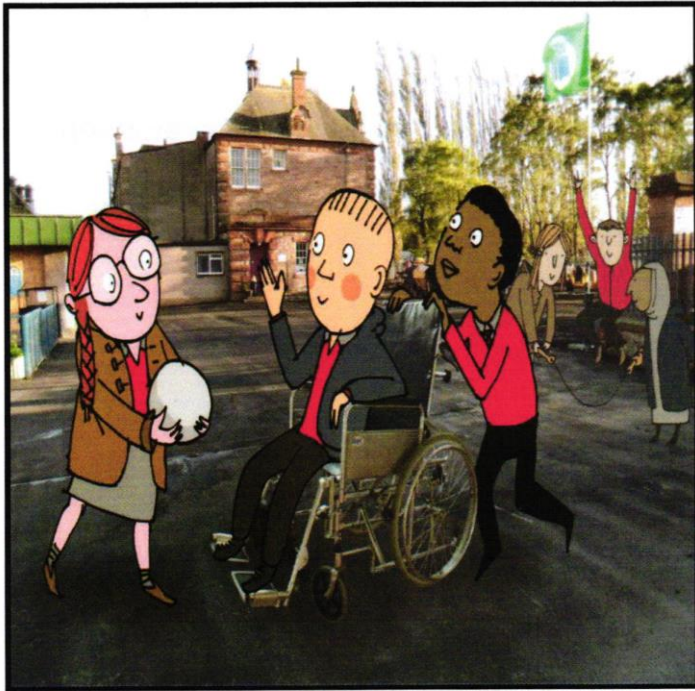


Six weeks after his operation Mac came back into hospital for some extra physiotherapy. He stayed for a week.



He went to the Physiotherapy Department every day and did some exercises in a special swimming pool.

This is called Hydrotherapy (**hidrotherapee**).



It took a while for Mac to get better after his operation.

He kept working hard with his family and Physiotherapist so he would get better as quickly as possible.

Mac went back to school as soon as he could, using his wheelchair.

Mac knew it would be a long time before he could do everything he was doing before his operation.

Every so often Mac came back to hospital for a check- up.

Mac had more x-rays to see how his bones were healing and later he had another walking test to see how the operation had helped him.

After about a year Mac needed to come back into hospital to have a very small operation. This was to remove some screws and plates used to hold his bones together whilst they got better.

Mac's doctor or special Physiotherapist kept seeing him for as long as he needed them to.



For more information please contact:

Lara Pearn and Kris Gatti, Physiotherapy Practitioners in the Gait Laboratory on:

0151 252 5949



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.

Alder Hey Children's NHS Foundation Trust
Alder Hey
Eaton Road
Liverpool
L12 2AP

Tel: 0151 228 4811

www.alderhey.nhs.uk

© Alder Hey

Review Date: Feb 2025

PIAG: 9