

Recovering from an operation with a Newport brace

Information for patients, parents and guardians

After your child's operation, they may need to wear a Newport brace for a number of weeks as part of their recovery. We hope this factsheet will help to answer some of the questions you may have after their operation.

Pain relief

While your child is in hospital, we will give them regular pain relief, such as paracetamol and ibuprofen. We can provide these medications for you to take home with you. If you need more, please speak to your GP.

When your child has their operation, we may give them pain relief through a tube in their back. This is known as an epidural. This will provide pain relief for the first 48 hours after the operation to make sure your child is comfortable. The nurse will monitor them closely. If your child is continent they may need to have a tube into the bladder (a urinary catheter) until the epidural is stopped.

After the operation, we may give your child a low dose of a pain relief medicine called Diazepam. This will help to relax their muscles after the operation and control any pain and spasms.

If your child is having bone surgery, they may find that they need pain relief for a few weeks after the operation. Their pain shouldn't get significantly worse and should fade after a few weeks. We may offer them stronger pain relief which they can take orally (by mouth) in hospital and at home if needed.

Your child will need to keep taking all their regular medications, so please bring these into hospital with you.

Wounds and dressings

After your child's operation we will close up any incisions with stitches and put dressings on the wounds. We use dissolvable stitches which look like fine cotton. You can let them fall off or gently wipe them off after seven days. Occasionally we use a stitch that looks like a fine plastic thread. This can take up to 20 days to fall off.

We will leave your child's dressings sealed and intact until we need to check them. Your child will have a check-up appointment for their wounds two weeks after their operation, either at the hospital clinic or with the nurse at your local GP surgery.

Children's wounds tend to heal very well, so we do not usually arrange any further wound check-ups.

If you are at all concerned, you can contact your local GP surgery for advice.

Newport brace

After the operation, your child may need to wear a Newport brace to keep their hips and legs in a good position while they recover. We will fit the brace while your child is in the operating theatre.

The length of time your child will need to wear the brace for depends on the kind of operation they are having.

You may need to make some adjustments at home so that your child is able to get around easily when they leave hospital. Before your child's operation, an occupational therapist will help you to prepare for this.

Make sure that your local physiotherapist and occupational therapist know the date of your child's operation so that they can make plans for their care.

If your child has a wheelchair you will need to bring this into hospital with you.



Useful links

www.nhs.uk/Conditions/orthopaedics/Pages/Introduction.aspx

Contact us

If you have any questions or concerns, speak to your child's doctor or nurse, or contact us using the details below:

Nurse practitioners:

Mobile: **07584 402438**

Telephone: **023 8120 4991** (answer phone)

If you need a translation of this document, an interpreter or a version in large print, Braille or on audiotape, please telephone **023 8120 4688** for help.

www.uhs.nhs.uk/childrenshospital