

Modified Dunn's Procedure (MDP) for slipped upper femoral epiphysis

This leaflet aims to answer some of the questions that you or your child may have about care once you are home.

Your child has had surgical treatment (known as a Modified Dunn's Procedure) for a slipped upper femoral epiphysis. This happens when the growing portion (or ball) on the top part of the femur (thigh bone) slips from the neck of the femur. The surgery re-orientates the 'ball' and pins it into position to provide the best condition for good function of the hip joint in the long-term.

It is important to remember that your child has undergone significant surgery.

However, although able to go home their recuperation is still on-going. Rest is important as well as a healthy calcium-enriched diet. Supplements of Vitamin D are recommended and you will receive a prescription for these before you go home.

Wound check

You need to make an appointment with your GP's surgery practice nurse for a wound check 7-10 days after surgery.

Important advice

It is important to follow these instructions that have been discussed with you and your child.

1. Your child **must not** put weight through the operated hip. Use crutches at all times until you have been told by the surgical team that he/she is allowed to place weight through the hip. This is usually for 12 weeks.
2. The boot you were given, that was used in hospital, must be worn when your child is in bed. This prevents the hip rotating out. The usual length of time this needs to be followed is 8 weeks, but your surgical team will tell you when you can stop. If your child complains of any rubbing or rough areas in the boot causing skin damage or pain, please contact us.
3. Your child will need a follow up X-ray approximately 2 weeks after surgery. This can be carried out locally to you, and will need to be arranged with the initial hospital you were initially referred from. If you have not heard any information regarding this, please contact us.

4. You will need to be seen at the Children's Orthopaedic Clinic in Reading approximately 6 weeks after surgery. An appointment should have been given to you. If you have not received your appointment within 2 weeks after leaving hospital, please contact us.

Frequently asked questions:

Washing

Avoid getting the wound wet until you have seen the GP practice nurse. If necessary, a modified shower would be okay – sit on a chair on a non-slip mat in the shower. Showering is the recommended method for washing.

Can my child go back to school?

Not until clearance by the surgeons after the X-ray at 2 weeks.

Make sure that the school are aware of his/her mobility issues. Ensure that they allow him/her to get to classes early to avoid the corridor rush.

Activities

No impact activities until cleared by the surgical team.

Contact us

If you have any further questions or concerns regarding your child's hip condition, please contact the Children's Orthopaedic Office on 0118 322 8746 or 8747 (Monday – Friday, except bank holidays). Mobile number 07900 135849

More information about the Trust can be found on our website www.royalberkshire.nhs.uk

This document can be made available in other languages and formats upon request.

Paediatrics Orthopaedics: Nev Davies, Angela Lee (Children's Orthopaedic Clinic), February 2020
Review due: February 2022