

DR MICHAEL BELLEMORE

F.R.A.C.S.

PAEDIATRIC ORTHOPAEDIC SURGEON

The Children's Hospital at Westmead

Suite 3 Ground Floor
Children's Hospital Medical Centre
Hainsworth Street
WESTMEAD 2145

Telephone: (02) 9893 7394
Facsimile: (02) 9687 2748
email: secretary@michaelbellemore.com
Provider Number: 0455575J
ABN: 951 098 544 44

Hip Spica Treatment for Hip Dysplasia - What to expect

1. Your child will be admitted to Hospital as a Day Stay patient. The hips will be examined and reduced under a general anaesthetic and a plaster hip spica applied.
2. Your child will be readmitted to Hospital as a Day Stay patient 6 weeks later for a change of hip spica under a general anaesthetic.
3. After a total of approximately 12 weeks the hip spica plaster will be removed by the physiotherapists in the Orthopaedic Clinic. Your baby will be awake and may get a little distressed during this procedure.
4. You will then take your child to the Medical Imaging Department (X-ray department) for an X-Ray of the hips out of plaster.
5. You will then attend the Orthotic Department of the Children's Hospital so your child can be fitted with a removable Hip Abduction Brace (DB Brace).
6. You will then return to the Orthopaedic Clinic to have your child, the brace and the X-Ray reviewed by Dr Bellemore or a member of his team.
7. Next see Dr Bellemore with your child 3 months later in his private rooms or in the clinic with an X-Ray taken out of the brace. You will need to make an appointment to see Dr Bellemore, but you do not need an appointment to have the X-ray performed.
8. Your child will need to continue to use the brace until the hip dysplasia has resolved. This may be for a period of 6-12 months. Initially the brace will be on 23 hours a day, 7 days a week. After several months it may be possible to continue with the brace at night-time only. Dr Bellemore will provide advice on when this may be possible.