

Your son/daughter has been scheduled to undergo *bilateral adductor tenotomies and iliopsoas lengthenings* because your child's hip "migration percentage" – the amount of the hip that is outside of the socket – is above 30-40%, and he/she has decreased hip range of motion. Proceeding with soft tissue surgery earlier in life may prevent or, at least, delay the possibility of bony reconstructive surgery at a later age, which is a much larger surgery. During surgery, the adductor and iliopsoas muscles will be visualized and lengthened, to allow for an increase in hip range of motion, which may result in a long-term improvement in hip migration percentage. Surgery will last approximately 2-3 hours, and your child will receive general anesthesia.

Postoperatively, your child will stay 1 night in the hospital for pain control. You are allowed to stay with your child in the hospital. Your child will wake up with an abductor wedge and bilateral knee immobilizers on both legs. Your child will wear all 3 full time at night and 2 hours on/2 hours off during the day for a total of 6 weeks post-operatively. Your child's in-hospital therapist will show you how to take on and off the brace and how to perform "tummy time," which your child should have for 2 hours/day. You should continue with this at home for 6 weeks post-operatively. You can divide the 2 hours up into 15-20 minute intervals throughout the day, if you/your child prefer. Your child has no weight-bearing restrictions and can walk immediately post-operatively. During the hospital stay, you and your child will work with our physical therapist on transfers. Prior to discharge, you will receive a wheelchair for your child to use for 6 weeks.

You will be discharged from the hospital with Ibuprofen, Tylenol, Diazepam and Oxycodone. If your son/daughter develops fevers, chills, increase in pain, or redness/swelling/discharge at the incision site, please contact Dr. Thompson immediately. We will see you in clinic 2 weeks after surgery; at that time, your child will be released back to physical therapy. Post-operative x-rays will be obtained at 6 weeks post-operatively.

- **Surgery Time:** Approximately 1.5 hours
- **Hospital Stay:** 1 night
- **Equipment:** Hip Abduction Pillow and Knee Immobilizers
- **Post-operative Medication:** Ibuprofen, Tylenol, Diazepam, Oxycodone
- **Weight-bearing Status Post-Op:** No Restrictions
- **Physical Therapy:** May Return at 2 Weeks