

## Scoliosis Surgery (Adolescent idiopathic)

### Introduction

The Covid-19 pandemic has placed unprecedented pressures on NHS services. Patients waiting for elective services such as scoliosis surgery, are having to wait longer than anticipated. We understand this situation is less than ideal and appreciate your patience. We have written this document to help answer some questions you may have whilst your child is waiting for surgery.

### Guidance for Patients

#### Exercise

We want your child to stay as active as possible during this period. There is no need to avoid sport or exercise. Remaining active will strengthen core muscles and will help with the post-operative rehabilitation.

#### Observation

All patients who are awaiting surgery will be monitored regularly by our spinal team. You can expect a telephone or video consultation every 6-9 months. If there are any issues or concerns, please do not hesitate to highlight them.

#### Bracing

Some of our patients have been instructed to wear braces. The reason for bracing is to try and prevent the curve from worsening. Braces can be inconvenient but should not be painful. If wearing the brace is causing pain, please contact our team and we will be happy to advise you further.

### Emotional and Psychological Needs

We want to ensure that the emotional and psychological needs of your child and the family are met during the treatment process. Some children may benefit from seeing our paediatric psychology team prior to surgery. If you have any concerns or would like counselling, please highlight this at one of your appointments.

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## What should I do if my child's health is deteriorating?

### Pain Management - Frequently asked questions

Q. My child has had a sudden increase in back pain?

A. A sudden increase in back pain is not normally caused by scoliosis. We would like to make sure your child is taking his/her regular pain relief and is keeping active. If the pain persists despite these measures, please contact one of our team and we will be happy to advise you further.

Q. What pain killers should my child be taking whilst we wait for surgery.

A. The majority of children waiting for surgery do not require medication. We advise keeping active and doing regular exercise to help with posture. However, if your child does require pain relief, we suggest regular over-the-counter paracetamol and ibuprofen.

Q. Over-the-counter pain relief is not working

A. Please discuss this with one of our team members or your GP. There are other medications available but, in our experience, these are rarely used. Sometimes, your GP or one of our team will refer your child to pain specialists who have more experience in dealing with chronic pain issues. Other measures such as counselling can also help.

### Worsening curve – Frequently asked questions

Q. I can see that my child's curve is getting worse

A. We understand that your child's curve may get worse whilst you are waiting for surgery. We will monitor your child by getting x-rays of their spine to see if there is any progression. These x-rays are then discussed and a plan will be made.

Q. Will waiting longer for surgery adversely affect my child?

A. We aim to operate on your child in a timely fashion. However, Covid-19 has increased waiting times. Patients are listed according to clinical priority. We will regularly monitor his/her scoliosis with x-rays. This will allow us to respond appropriately to curves that demonstrate rapid progression.

Pre op video link : <https://youtu.be/CopAEKhkXKA>

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