

Hints and Tips

This information sheet contains information passed onto the team by patients and their parents after they have had scoliosis surgery. It can be a very stressful time for the whole family - we hope that these hints and tips help you all in the weeks and months ahead.

Before surgery

- Make sure to buy a car park pass – invaluable
- Try not to worry too much, children are very resilient, let them find their own way
- "Sometimes the things we can't change end up changing us"
- Have some non-scoliosis family time, a bit of fun before it gets serious
- Apply for a blue badge - some councils will give you a badge so it's worth a try. They are a godsend when going to hospital.
- If you/your child has long hair, it's a good idea to scalp-plait it on the day of surgery so it is out of the way, so have a practice!
- Build arm muscles up and generally get as fit and strong as possible
- Shave/wax your legs, as you won't be able to do it for a while!
- Similarly, cut your toe nails!!

Things to bring in

- Hand held fans recommended if staying in hospital with your child as it gets very warm sometimes.
- Cooling spray is also good.
- DVDs, and an IPOD (or similar) to listen to music when going to sleep, or if it is noisy in PICU.
- Crocs or slip on shoes are easier.

In hospital

- Be prepared for all the tubes etc in PICU.
- Encourage visitors - the company of others helps

Recovery

- If bracing is required post-op, it can be disheartening and also uncomfortable. Persevere, as it will only be requested if needed.
- Try and encourage different movements regularly to stop back stiffness/aching.
- Post op – listen to your child. They know their body better than anyone.

When back at school

- If you have exams, wear your brace if you have one
- Don't lean over the desk – try to stay upright, especially during long exams
- Inform the school of what you find most comfortable so they can allow you to take exam somewhere more comfortable and move about if necessary