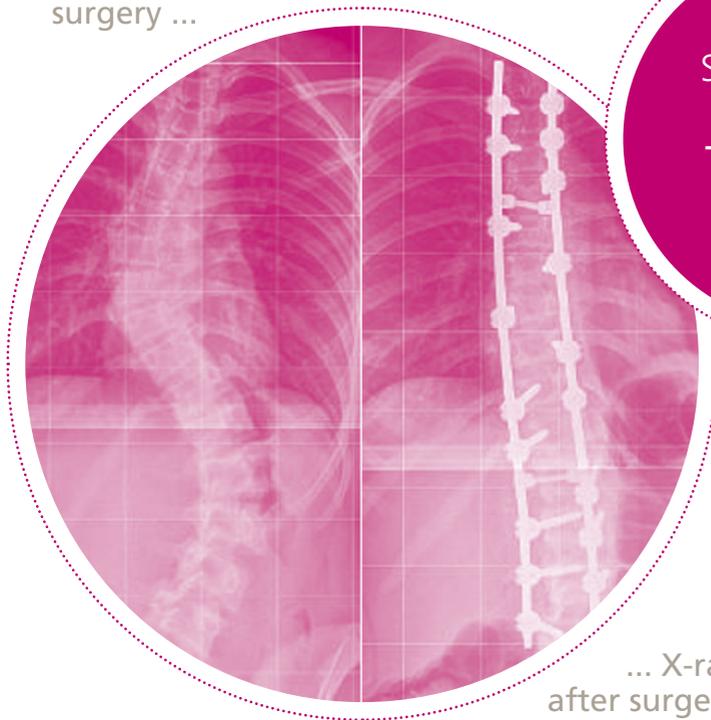


# Scoliosis Surgery

## Ciaran's Journey

What is involved in spinal surgery

X-ray before  
surgery ...



Paediatric  
Spinal Service

Trauma and  
theatres  
centre

... X-ray  
after surgery

*... together we do the amazing*

**This booklet tells the story of Ciaran Jasper. It follows her from entering the hospital, through her preparation and post-operation to going home. All the staff involved in her surgery would like to give special thanks to Ciaran and her family for agreeing to be part of this project and remaining positive and cheerful throughout.**

**Thanks also go to all the people involved in the making of this booklet, and to all those other staff involved in the care of young people with scoliosis at The James Cook University Hospital.**

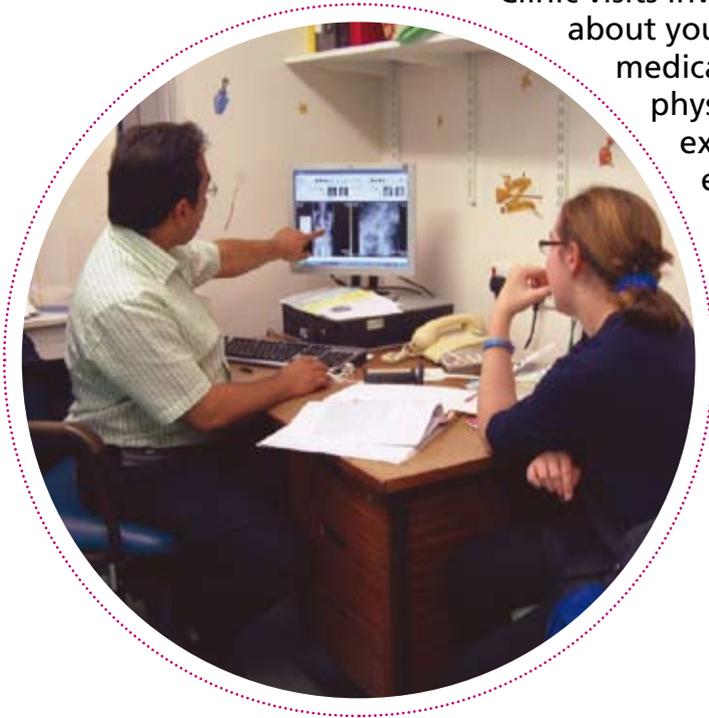
## Booking in for a clinic visit in children's outpatients

Clinics are held in children's outpatients. This is on the ground floor just as you come through the hospital's South Entrance, on the left after the lifts.



## In clinic with your consultant

Clinic visits involve asking about your symptoms and medical history, physical examinations, and education and advice about your condition.



## In X-ray

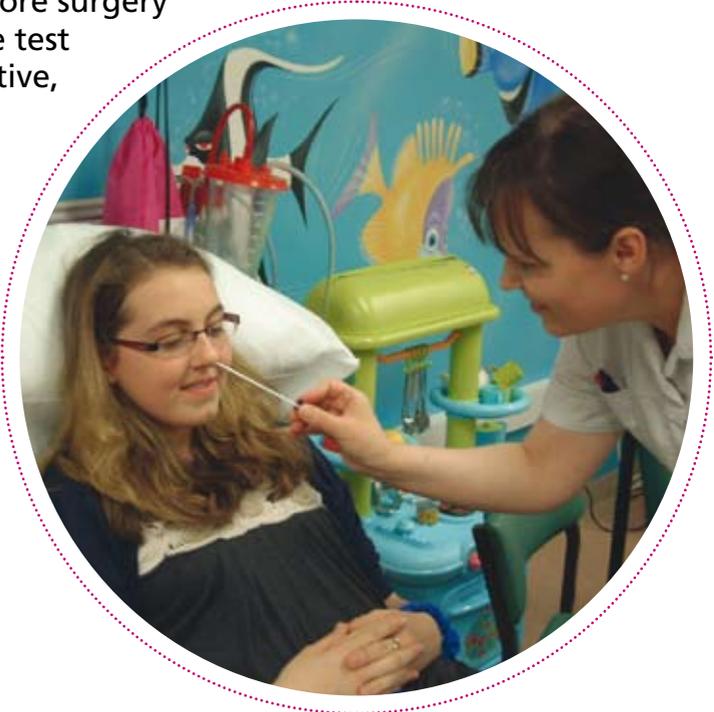
Many clinic visits involve having an X-ray. The X-ray department is along the mall (corridor from the South entrance), turning left just before the cafe, X-ray (radiology) is signposted along the corridor on the right. You will have to wear a gown, you can get changed in a private cubicle.



## Swabbing for MRSA in clinic

A small minority of people can carry MRSA on their skin. This doesn't cause a problem, but if the bacteria gets into the back during surgery, it can slow their recovery. We screen for MRSA a few weeks before surgery

is planned. If the test comes back positive, body wash and nasal cream can be prescribed to help remove the bacteria. The swabs are like big cotton buds, with one rubbed around the inside of the nose and one along the very top of the legs.



## Taking blood in clinic

Blood tests have to be carried out to make sure you are healthy and ready for surgery. One is done a few weeks before surgery and one in the week before surgery.

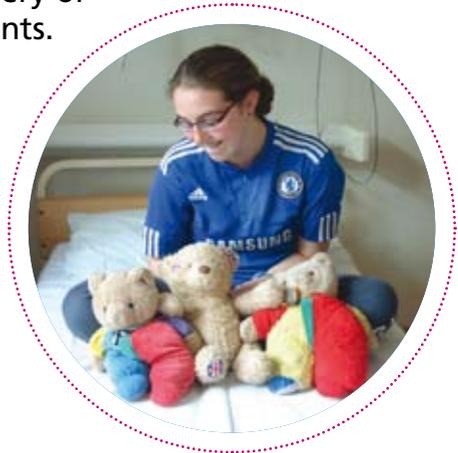


## Admission to Ward 22 (Paediatric Surgery)

Ward 22 is on the first floor at the South Entrance. It is signposted on the right. The ward staff care for all children and young people who need surgery or who have been involved in accidents.

## Settling in with friends!

You are encouraged to bring your favourite things into hospital so it is a home from home. A favourite soft toy can be taken into theatre with you.





## Testing lung function

Before surgery you will have your lung function measured. This involves breathing long and hard into a machine. This usually happens in clinic.



## Having temperature taken

Something was funny!



## Having pulse and oxygen saturation levels taken

This clever machine works by light and tells staff how fast your heart is beating and what percentage of oxygen is in your blood.



## Having blood pressure taken

The cuff feels tight around your arm but it doesn't last long.

## Meeting the physio

One of the ward physiotherapists will have a chat to you about the best way of breathing to try and prevent chest infections. She will also tell you about their planned care after surgery.



You will be taught before surgery the best way to get out of bed afterwards.

## Pre-op height measurement

Scoliosis surgery often results in height gain due to the straightening of the spine. Your height will be measured before and after surgery. Ciaran grew 7.5cms after surgery.



## Choosing some DVDs

There are lots of things to keep you amused on the ward, including dvds, the TV, computer games and arts and crafts. The TV is free but goes off at 9pm and comes on again at 7am.

You can bring your own things to do, but nothing that needs plugging in.



## Meeting the pain specialist

The pain specialist will visit to explain how we keep you comfortable after surgery.



## Chatting to the anaesthetist

The consultant anaesthetist, who puts you to sleep, will also visit to make sure you are fit enough for your operation.



## All ready for surgery

On the morning of surgery you will put on a gown and have numbing cream put on your hands ready for the anaesthetist to put a small plastic tube in to give you the medicine to put you to sleep.

## Booking in the Children's Surgical Day Unit

Here you will be asked the same questions as on the ward. This is to make sure everything is correct. Your name bands will be checked, and if you have any allergies, your red allergy band will also be checked.



## Talking to the anaesthetic nurse

The same checks again!



## In the anaesthetic room

Getting the monitoring on,  
keeping tight hold of the teddies!



## Mum and Dad look on

The anaesthetist must have said  
something funny! Parents can stay  
in the anaesthetic room until you go  
to sleep.



## All done – in intensive care

Still  
managing  
a smile!



## With the physio

Making sure you  
don't get a chest  
infection





Up already on day 2!

Walking so fast the photo's blurred!



## More physio

Doing chest exercises



## Back on the ward – with the ward hostess

The ward hostesses bring drinks, snacks and meals. You can choose from a menu. Ciaran enjoyed an old favourite when she kept choosing her chicken teddies!



## Practising walking up and down the stairs

You need to be safe on the stairs before you can go home.



## Fitting a post-op brace

Not everyone has a brace after surgery but if you do, it will be fitted by an orthotist a few days after surgery when you feel well enough.

## Wound after six days

This is Ciaran's wound after only 6 days, healing well.





## Re-dressed

The wound is covered by a dressing for approximately two weeks.

## Medicines to take home

You will be given medicines to go home to make sure you stay comfortable.



## Up and about, ready for home



## Going home Still smiling!

# It's a long way to the car

See you in a week for a wound check!





## Comments, compliments, concerns or complaints

South Tees Hospitals NHS Foundation Trust is concerned about the quality of care you receive and strives to maintain high standards of health care.

However we do appreciate that there may be an occasion where you, or your family, feel dissatisfied with the standard of service you receive. Please do not hesitate to tell us about your concerns as this helps us to learn from your experience and to improve services for future patients.

## Patient Advice and Liaison Service (PALS)

This service aims to advise and support patients, families and carers and help sort out problems quickly on your behalf.

This service is available at The James Cook University Hospital and the Friarage Hospital Northallerton, please ask a member of staff for further information.

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