



Modified Dunn's Procedure (MDP) for slipped upper femoral epiphysis in children

This leaflet aims to answer some of the questions that you or your child may have about care once you are home following surgery.

Note to young people reading this leaflet: To make this leaflet easier to read we have addressed it to parents or carers; please excuse us for referring to you as 'your child'!

Modified Dunn's Procedure

Your child has had surgical treatment (known as a Modified Dunn's Procedure) for a slipped upper femoral epiphysis. This happens when the growing portion (or ball) on the top part of the femur (thigh bone) slips from the neck of the femur. The surgery re-orientates the 'ball' and pins it into position to provide the best condition for good function of the hip joint in the long-term.

It is important to remember that your child has undergone significant surgery. However, although able to go home their recuperation is still on-going. Rest is important as well as a healthy calcium-enriched diet. Supplements of Vitamin D are recommended and you will receive a prescription for these before you go home.

Wound check

You need to make an appointment with your GP's surgery practice nurse for a wound check 7-10 days after surgery.

Important advice

It is important to follow these instructions that have been discussed with you and your child.

- Your child must not put weight through the operated hip. Use crutches at all times until you have been told by the surgical team that he/she is allowed to place weight through the hip. This is usually for 12 weeks.
- The boot you were given, that was used in hospital, must be worn when your child is in bed. This prevents the hip rotating out. The usual length of time this needs to be followed is 8 weeks, but your surgical team will tell you when you can stop. If your child complains of any rubbing or rough areas in the boot causing skin damage or pain, please contact us.
- Your child will need a follow up X-ray approximately 2 weeks after surgery. This can be carried out locally to you, and will need to be arranged with the initial hospital you were initially referred from. If you have not heard any information regarding this, please contact us.
- You will need to be seen at the Children's Orthopaedic Clinic in Reading approximately 6 weeks after surgery. An appointment should have been given to you. If you have not received your appointment within 2 weeks after leaving hospital, please contact us.

Frequently asked questions

Washing

Avoid getting the wound wet until you have seen the GP practice nurse. If necessary, a modified shower would be okay – sit on a chair on a non-slip mat in the shower. Showering is the recommended method for washing.

Can my child go back to school?

Not until clearance by the surgeons after the X-ray at 2 weeks.

Make sure that the school are aware of his/her mobility issues. Ensure that they allow him/her to get to classes early to avoid the corridor rush.

Activities

No impact activities until cleared by the surgical team.

Pain relief

You were provided with pain relief when you left the hospital. Ensure you give this regularly to start, weaning off after a week. Pain should be decreasing. If there is increasing pain in either hip, contact us.

Foot colour

The affected leg can show some muscle wasting and if the foot is down for a long period it can become mottled in colour. This should improve once elevated and with movement of his/her foot 'up and down' to pump the blood supply.

Physiotherapy

Keep up the exercises provided by the physiotherapist. Hydrotherapy may be organised if needed

Contact us

If you have any further questions or concerns regarding this condition, please contact the Orthopaedic Clinic between 8.30am – 5.00pm Monday – Friday on 0118 322 8334 (except bank holidays).

To find out more about our Trust visit www.royalberkshire.nhs.uk

Please ask if you need this information in another language or format.

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