

Wound reviews should be completed on the ward on

\_\_\_\_\_ & \_\_\_\_\_

by the Neurosurgical Team.

Please arrive on the ward before Midday.

When Hydrotherapy is due to start, the wound **MUST** be reviewed on the ward **BEFORE** the session.

Gabapentin should start reducing **3 weeks** post surgery.

- Dose to be reduced to twice daily for 1 week, starting from

\_\_\_\_\_

- Dose to be reduced to once daily for one week, starting from

\_\_\_\_\_

- Gabapentin should then be discontinued on

\_\_\_\_\_

Should you have any further questions please contact a member of the spasticity team:

**Ward 4A**

0151 282 4489

**Miss Pettorini**

Consultant Neurosurgeon  
(PCA Natasha Jacobson):  
0151 252 5025

**Chris Sneade**

Clinical Specialist Physiotherapist  
0151 252 5660

**Chloe Wright/Emma Toni**

Specialist Nurse  
0151 252 5025

This leaflet only gives general information. You must always discuss the individual treatment of your child with the appropriate member of staff. Do not rely on this leaflet alone for information about your child's treatment. This information can be made available in other languages and formats if requested.

Alder Hey Children's NHS Foundation Trust  
Eaton Road  
Liverpool  
L12 2AP  
Tel: 0151 228 4811  
www.alderhey.nhs.uk



© Alder Hey  
Review Date: June 2022  
PIAG: 300



**Alder Hey Children's**  
NHS Foundation Trust

**Spasticity Service**

# Selective Dorsal Rhizotomy



Spasticity • Tone • Assessment • Rehab • Service

**Discharge information for  
parents and carers**

This leaflet aims to provide information for parents and children about the care of their SDR wound.

Your child's wound will be reviewed by ward staff before discharge to Mac House. If the wound is satisfactory, you will move to Mac House to continue physiotherapy as an outpatient.

A dressing can be left in place for a maximum of 2 day intervals before it should be removed, the wound cleaned and a new dressing applied. Dressings that become contaminated should be removed and replaced immediately.

**Daily** dressing changes and wound washes should be done following each hydrotherapy session.

Families should attend the ward on Mondays **before 12pm** on the dates provided.

If you have any concerns with redness, swelling, leaking, increased pain from the wound or your child has a temperature, you should contact Ward 4A. If this is between 9-5, Monday-Friday, you will likely be asked to attend the ward, however, outside of these hours, you will be asked to present to A&E

To clean the wound, you should use a mild soap. Using gentle circular motions, clean over and around the wound, before patting dry with a clean towel.



## Sutures (Stitches)

We use two different types of sutures; some that are dissolvable, and some that require removal. Dissolvable sutures do not need to be removed, and will dissolve in approximately 2-3 weeks.

Non-dissolvable sutures will need to be removed approximately 1 week after discharge. You will be informed by your nurse when and where suture removal will take place, if required

Dressings are no longer required once hydrotherapy sessions are finished, as long as the wound is satisfactory. Please contact the ward if you have any concerns about it.

## Leisure and Schooling

If your child of school age, they may return when they are back to their usual self. This is usually once they have finished their 3 weeks of physiotherapy.

Swimming should be avoided for at least 6 weeks following the operation to allow the wound to fully heal.

Contact sports such as football should be avoided until review by your consultant.

**In an emergency do not delay treatment by contacting the ward. Call 999.**



You will be discharged from the ward with a supply of Paracetamol, Ibuprofen and Gabapentin. You may find it beneficial to give your child some pain relief before physiotherapy sessions.

Please follow the dose instructions provided on discharge.

Gabapentin should be given 3 times a day whilst completing Physio & Hydrotherapy. It should then be weaned (reduced), using the regime provided overleaf.

If you have issues with your child refusing to take this medication, please contact the ward or your GP.

Do **NOT** stop giving the medication without seeking further advice.

A follow up appointment will be made for your child, approximately 6 weeks after surgery. You should receive this appointment in the post after discharge. Should you have any issues with this appointment please contact the appointments line on 0151 252 5358.

This leaflet is intended as a guide only. Should you have any concerns regarding your child's health, please seek medical attention. Do not delay emergency treatment in order to contact the Ward or Spasticity Team.

