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This material is for educational use. Discuss any questions and concerns with your health care provider.

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scottishriteforchildren.org

About Scottish Rite for Children

Scottish Rite for Children has been dedicated to giving children back their childhood for more than a century. The institution transforms the lives of children and their families through outstanding care, innovative research and unrivaled education of medical professionals. As a 501(c)(3) nonprofit organization, Scottish Rite provides treatment to patients regardless of a family's ability to pay. This is possible through the extraordinary philanthropy of our remarkable donors, trustees, volunteers, partners and friends.

Outstanding Care

Scottish Rite for Children is a world-renowned leader in the treatment of pediatric orthopedic conditions, such as scoliosis, sports injuries and fractures, clubfoot, hand differences, hip disorders, limb lengthening and reconstruction, as well as certain related arthritic and neurological disorders and learning disorders, such as dyslexia. A multidisciplinary team of surgeons, advanced practice providers, nurses, therapists and researchers collaborate to offer patients and their families a continuum of care that is unmatched. We treat the whole child — body, mind and spirit. A host of in-house specialists are ready to serve, including child life specialists, psychologists, social workers, medical translators and interpreters, physical and occupational therapists and more.

Innovative Research

Scottish Rite researchers have not only discovered and mapped genes associated with adolescent idiopathic scoliosis, clubfoot and lupus, but have also invented and advanced revolutionary medical devices resulting in more than 190 patents. Specialists spend a lifetime practicing, investigating and pioneering pediatric orthopedic care through our six Centers for Excellence, including Spine & Scoliosis, Foot, Hand, Hip, Limb Lengthening & Reconstruction and Sports Medicine.

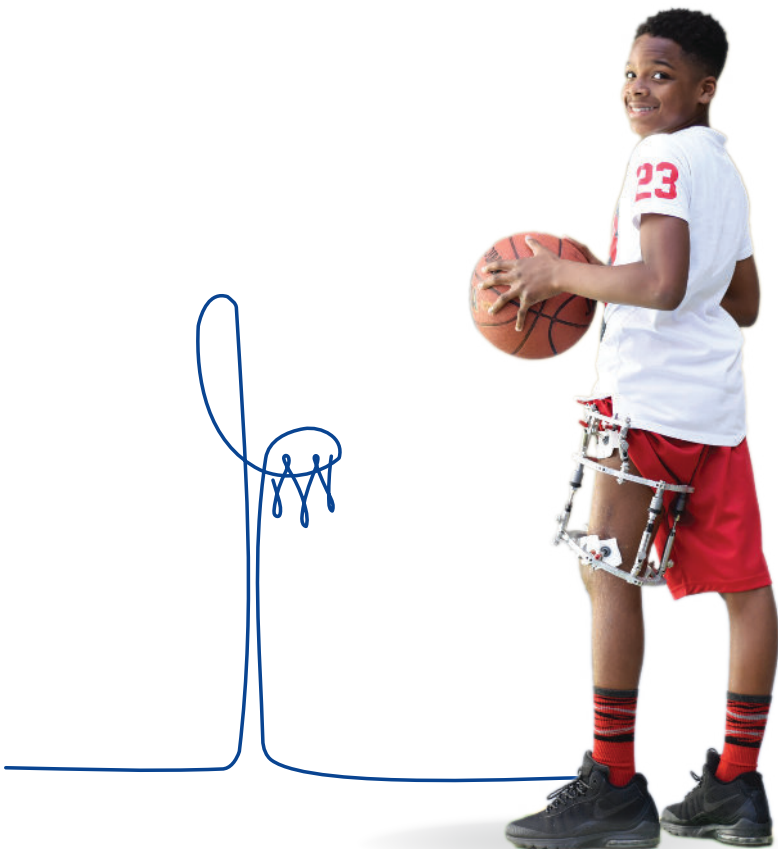
Unrivaled Education

Scottish Rite orthopedists write and edit *Tachdjian's Pediatric Orthopaedics*, the textbook considered the gold standard pediatric orthopedic reference guide by practitioners worldwide. The Dorothy & Bryant Edwards Fellowship in Orthopedics and Scoliosis program is one of the oldest and the largest pediatric orthopedic fellowships in the world. The program produces graduates who hold leadership positions at children's hospitals across the country. Scottish Rite also trains medical professionals in various roles and fields, including sports medicine, nursing, physical therapy and psychology among others.

Center for Excellence in Limb Lengthening & Reconstruction (CELLR)

The Center for Excellence in Limb Lengthening and Reconstruction (CELLR) at Scottish Rite for Children is a multidisciplinary team of pediatric orthopedic surgeons, nurses, psychologists, researchers, physical and occupational therapists and child life specialists with specialized training in the care of patients with complex limb conditions.

The CELLR team is dedicated to creating a customized care plan for each child and family undergoing treatment for a congenital, developmental, post-traumatic, or post-infectious limb length difference, deformity or deficiency. The CELLR team believes in treating the whole patient. Regardless of the complexity of the condition or treatment plan, care is a process, not a single event.



Conditions we treat:

- | | |
|---|--|
| Blount's disease | Growth arrest/injury to the growth plate |
| Bone fractures and other traumatic injuries | Limb length difference |
| Bowed legs (genu varum) and knock-knees (genu valgum) | Madelung's deformity |
| Foot deformity related to previous clubfoot | Posteromedial bowing of the tibia |
| Congenital femoral deficiency | Post-infectious growth disturbance/deformity |
| Congenital pseudoarthrosis of the tibia | Post-traumatic long bone deformity |
| Fibular hemimelia | Radial club hand |
| | Tibial hemimelia |
| | Upper extremity limb length difference |

Meet the CELLR Team



David A. Podeszwa, M.D.
Director, Center for Excellence in Limb Lengthening and Reconstruction
Professor, UT Southwestern Medical Center, Department of Orthopaedic Surgery

David A. Podeszwa, M.D., is a pediatric orthopedic surgeon and clinical director of the Center for Excellence in Limb Lengthening and Reconstruction at Scottish Rite for Children. He sees patients at our Dallas campus.



Alexander Cherkashin, M.D.
Co-director, Center for Excellence in Limb Lengthening and Reconstruction
Associate Professor, UT Southwestern Medical Center, Department of Orthopaedic Surgery

Alexander Cherkashin, M.D., is known for his cross-disciplinary work in the fields of orthopedics, outcome studies and data management. After receiving his medical degree at Novosibirsk State Medical University in Russia, he graduated from the residency program at Kurgan Scientific Center under the guidance of Professor Ilizarov.



Elizabeth W. Hubbard, M.D.
Director of Clinical Research, Center for Excellence in Limb Lengthening and Reconstruction
Associate Professor, UT Southwestern Medical Center, Department of Orthopaedic Surgery

Elizabeth W. Hubbard, M.D., is a pediatric orthopedic surgeon and clinical research director of the Center for Excellence in Limb Lengthening and Reconstruction at Scottish Rite for Children. She sees patients at our Dallas and Frisco campuses.



Whitney M. Herge, Ph.D.
Pediatric Psychologist
Adjunct Assistant Professor, UT Southwestern Medical Center, Department of Psychiatry

Whitney M. Herge, Ph.D., is a pediatric psychologist at Scottish Rite for Children. She received her master's degree from the American University in Washington, D.C., and earned her doctoral degree in pediatric psychology at the University of Miami.

Meet the CELLR Team



Andrea Pendleton, APRN, CPNP-PC

*Certified Pediatric
Nurse Practitioner*

Andi Pendleton, APRN, CPNP-PC, is a certified pediatric nurse practitioner at Scottish Rite for Children in Dallas and serves as the orthopedic, hand and rheumatology advanced practice provider manager.



Kerrie Peavy, M.S.N., R.N.

Registered Nurse

Kerry Peavy, M.S.N., R.N., is a registered nurse at Scottish Rite for Children and serves patients in Dallas. She earned a Bachelor of Science in nursing and a Master of Science in nursing from Western Governors University.



Emily Elerson, R.N.

Registered Nurse

Emily Elerson, R.N., is a registered nurse at Scottish Rite for Children and serves patients in Dallas. She earned an associate degree in nursing from Navarro College.



Emily Luera, L.V.N.

Licensed Vocational Nurse

Emily Luera, L.V.N., is a licensed vocational nurse at Scottish Rite for Children and serves patients in Dallas. She earned a licensed vocational nursing certificate from Navarro College.

Therapy Services

Therapy Services include child life specialists as well as occupational and physical therapists. Child life specialists help prepare children and adolescents for medical treatments and procedures. They use developmentally appropriate teaching tools like imagery, distraction and relaxation to reduce anxiety and help children develop coping strategies. Our occupational therapists empower children of all ages and abilities to achieve independence by teaching them practical skills, as well as how to use specialized equipment. Our physical therapists are movement experts who focus on maximizing mobility, managing pain and improving physical function.



Checklist

✓	
	Meet with the psychologist and clinic nurse.
	Take a daily multivitamin and other supplements as recommended.
	Complete prehabilitation exercises given by the physical therapist.
	Connect with a peer support family.
	Complete physical and occupational therapy pre-op evaluation and equipment check.
	Consult with a dietitian if needed.
	Contact child life specialists if needed.
	Six weeks before surgery, complete Family and Medical Leave Act (FMLA) paperwork.
	Four weeks before surgery, complete school accommodations paperwork.
	Two weeks before surgery, complete parking placard paperwork.
	Two days before surgery, begin <i>Skin Care to Prepare for Surgery / CHG Cleansing Wipes</i> .
	Surgery Date _____ / _____ / _____

Educational Resources

Watch Limb Lengthening & Reconstruction education videos on the Scottish Rite for Children YouTube Channel: youtube.com/MyChartScottishRiteforChildren

Under Playlists, see the *Limb Lengthening & Reconstruction* playlist. Select "View Full Playlist" to watch the following:

1. Just Ask Mikaylin – Frame Q&A
2. Michael's Story – Limb Lengthening
3. Peer Support with Michael, Bryson and Armin
4. Pin Site Care with Mikaylin
5. Physical Therapy Exercises for Lower Limb External Fixators
6. Coffee, Kids and Orthopedics – Limb Length Differences in Children
7. Center for Excellence in Limb Lengthening and Reconstruction
8. Facebook LIVE with Drs. Cherkashin & Podeszwa – Limb Lengthening Devices
9. Purity – Work Hard & Have Fun
10. Leticia's Story – Limb Lengthening
11. Renae's Story – Life with an External Fixator



Scan to watch videos about **limb lengthening and reconstruction**.

Visit Scottish Rite for Children's Limb Lengthening page for more information on treatment and research: scottishriteforchildren.org/services/limb-lengthening



Scan to visit the **Scottish Rite for Children** website.

Read about conditions on the Limb Lengthening and Reconstruction Society (LLRS) website: llrs.org/patient-conditions/



Scan to visit the **LLRS** website.

Read about lower limb length discrepancy on the American Academy of Orthopaedic Surgeons (AAOS) website: orthoinfo.aaos.org/en/diseases--conditions/limb-length-discrepancy/



Scan to visit the **AAOS** website.

Read about leg length discrepancy on the OrthoKids website: orthokids.org/conditions/leg-length-discrepancy/



Scan to visit the **OrthoKids** website.

Preparing for Treatment

You are being seen in the Center for Excellence in Limb Lengthening and Reconstruction (CELLR) clinic to talk about limb lengthening and/or correction treatment. These treatments are used to change the shape or length of bones and involve the use of an external fixator. The external fixator may also be called a frame.

Treatment often takes several months, so it is very important that you learn about the treatment process and what to expect.

When preparing for treatment, the CELLR team has 3 goals for you:

- 1) Understand the treatment process and what to expect at each stage of treatment.
- 2) Maximize your physical and psychosocial (social and emotional) readiness.
- 3) Reduce the risk of problems after surgery.

The CELLR team follows these steps before scheduling surgery.

Step 1: Meet the Treatment Team

First, you will meet your treatment team at a clinic visit. This multidisciplinary treatment team includes surgeons, nurses, psychologists, physical and occupational therapists and child life specialists. At this first visit, we will talk about your treatment options. **Your interest in and motivation for treatment are both very important. They will help decide if and when treatment should take place.** You are the most important part of this journey, as any treatment is done **with you, not to you.**

Step 2: Education Visits

You will be asked to schedule a visit with the team nurse and psychologist. During this visit, the team will learn more about you and your family. They will also teach you about what day-to-day life will look like while in the frame. More than 1 education visit is typically needed.

It is important to keep life as normal as possible while in the frame.

- You should continue going to school, helping with chores, enjoying activities and hobbies, and spending time with friends.
- Being in the frame should not disrupt your daily life.

See the table on the next page for a sample treatment timeline.

Preparing for Treatment

Treatment Timeline	Phase 1: Frame Application	Phase 2: Correction	Phase 3: Consolidation	Phase 4: Frame Removal
What	Surgery to put on the frame	Move and/or lengthen bones	Heal bones	Surgery to remove the frame
Who	Surgeon	Patient and caregiver/family	Patient and caregiver/family	Surgeon
Time Limit	1 to 2 nights in the hospital	6 to 8 weeks	3 to 4 months	Day Surgery
Tasks	<ul style="list-style-type: none"> • Pain management • Mobility clearance with PT 	<ul style="list-style-type: none"> • Weekly clinic visits • Frame turns 2 to 3 times per day • PT exercises 2 to 3 times per day • Weekly pin site care • Pain management • Weight-bearing expectations 	<ul style="list-style-type: none"> • Monthly clinic visits • PT exercises 2 to 3 times per day • Weekly pin site care • Pain management • Increased weight-bearing expectations 	<ul style="list-style-type: none"> • Pain management • Transition into boot and crutches • Mobility clearance with PT

Step 3: Physical Assessment Visit

If you are still interested in treatment after the education visits, you will next meet with the team and physical and/or occupational therapist. They will establish a baseline, or starting point, determined by your level of function. Sometimes, the team will suggest that you have physical and/or occupational therapy before surgery to build strength and endurance, and this may include a home exercise program. The therapists will also assess for any equipment you may need after surgery, such as crutches, and/or a walker and a wheelchair.

You may have nutritional lab work during this visit. This lab work is done to make sure you have the levels of vitamins and minerals needed for bone health and healing. The team suggests that all patients take multivitamins with iron. Based on your lab results, the team may also suggest other supplements, such as vitamin D.

Step 4: Peer Support

Before surgery, we will connect you with another family who has been or is going through a similar treatment. Families who have been through this process often have great tips to share with you. This gives you a chance to see what the frame looks like and to ask questions about what it will be like to do daily activities with a frame.

Types of Frames

The look and design of your frame depends on the treatment goal. The most common types of frames are listed below.



Hexapod Frame

A hexapod frame has circular rings with color-coded struts. The struts are turned daily to change the shape or length of a bone.



Static Frame

This frame holds the bones in place to allow healing.



Frames for Lengthening and/or Bone Transport

This frame is used for lengthening or moving the bone.



Upper Extremity Frames

This frame lengthens and changes the shape of the arm.

Caregivers: What to Expect on the Day of Surgery

Arrival and Check-In

- Park in the Blue parking lot and enter through the Main Entrance.
- Check in at the Main Entrance on the first floor, and you will be directed to the Surgery desk.
- A legal parent or court appointed managing conservator must be present during the admission process to sign the surgical and anesthesia consent forms.

Surgery Preparation

- You will be allowed to go with your child to the pre-op room.
- A nurse will take your child's vital signs — temperature, blood pressure and weight.
- Your child may be given medication by the medical team to help them relax.
- You may meet with other members of your child's surgery team, such as their surgeon, anesthesiologist and others. If not yet completed, you will sign surgical and anesthesia consent forms.
- A nurse may start an IV, or intravenous line, on your child in the pre-op room before surgery.

During Surgery

- You will be given a reference number to use to follow your child's progress through surgery.
 - In the Surgery waiting area, a screen will display this number and the current stage of your child's surgery.
 - If your child's surgery is going to take more than 90 minutes, you will receive updates from the surgical team by phone. If you miss the call, please do not try to call back. Surgery staff will call you again.
- **A parent or caregiver must remain on site throughout the entire surgery.**

Patients: What to Expect After Surgery

Inpatient Unit

- After surgery, you will be taken to the Recovery Area.
- Your parents or guardians will be told once you have been moved to a room on the Inpatient Unit.
- Visiting hours are from 8:00 a.m. to 8:00 p.m. One parent or caregiver is allowed to stay in your room overnight.
- Nurses will check your vital signs and the surgery site.
- **The nurse will ask how much pain is felt and then give medication ordered by the doctor. It is important to let your nurse or doctor know if you feel that the medicine is working.**

Discharge From Scottish Rite for Children

- Depending on your needs, you will be able to go home after 1 to 2 days.
- You will work with Therapy Services — physical and/or occupational therapy — to make sure you are safe before discharging from the Inpatient Unit.

Daily Activity Tips at Home

Your treatment team will help you create a daily schedule. The schedule will include taking medication, completing turns on the frame, exercises and pin site care.

- It is important to continue your regular routine and keep your life as normal as possible. Your treatment team will help with school accommodations.
- Expect to come to the hospital for weekly appointments during the correction phase.
 - These appointments will involve seeing your physicians, nurses and therapists. The weekly appointments will last several hours.
- Your pain medicine will be adjusted once correction is started by your treatment team.
- Keep your frame elevated as instructed to help with pain or for comfort.
- If your treatment involves your lower extremity (leg), it is very important to keep your knee straight throughout most of the day.
 - Sometimes, wheels will be added to the bottom of your frame to make it easier to straighten your leg.
- Do your therapy exercises while watching TV or with your family to make them more enjoyable.



Pin Site Care

Your treatment team will talk with you about the pin site care routine. You will be given all the supplies at your first clinic appointment after surgery.

All patients who have a frame need to shower on a daily basis.

If you use *gauze* around your pin sites, follow these steps daily:

- Before starting your shower, pull up the rubber stoppers on each pin site.
- Remove and throw away the used gauze.
- Let clean, soapy water run over your pin sites.
- After showering, dry your pin sites using fresh gauze or a clean, dry towel.
- Put new gauze around each pin site and push the stoppers back down.

If you use *silver circles* around your pin sites, follow these steps 1 time per week or more as needed:

- Before starting your shower, pull up the rubber stoppers on each pin site.
- Remove and throw away the used silver circles.
- Let clean, soapy water run over your pin sites.
- After showering, dry your pin sites using new silver circles or a clean, dry towel.
- Wet each new silver circle with water.
- Put new silver circles around each pin site. Remember, the silver side goes on your skin. Think of "s" for silver to skin and silver side down.
- Push the stoppers back down.
- **Reminder:** You only need to change the silver circles one time per week. When showering any other day, you can leave the circles on and keep the stoppers down.



Silver Circle



Watch **Pin Site Care** with Mikaylin.

Pin Site Concerns

Pin sites can become irritated, red, swollen and painful during treatment, so you must check them daily.

If you ever have a concern about pin site irritation, take a photo and send it to your team immediately. We may tell you to do the following extra pin site care steps:

- If you notice crusting or drainage around the skin or pin site, wipe it off with clean gauze or a Q-tip.
- For pin sites that are painful, red or irritated, you may use a mixture of saline and peroxide (see instructions below) and put it on the pin site.

Saline/peroxide mixture for red, crusted or draining pin site(s):

Pour a mixture of 10 milliliters. hydrogen peroxide and 10 milliliters. normal saline into a small cup.

- Wash your hands with soap and water.
- Pull up the rubber stoppers on each pin site.
- Dip a Q-tip into the saline peroxide mixture and use light pressure to carefully clean around each pin site.
- Use a new Q-tip for each pin site.
- You may put a clean gauze or silver circle around the pin site.
- Push your pin site stoppers back down with light pressure.
- Throw away the used supplies.
- Wash your hands with soap and water.

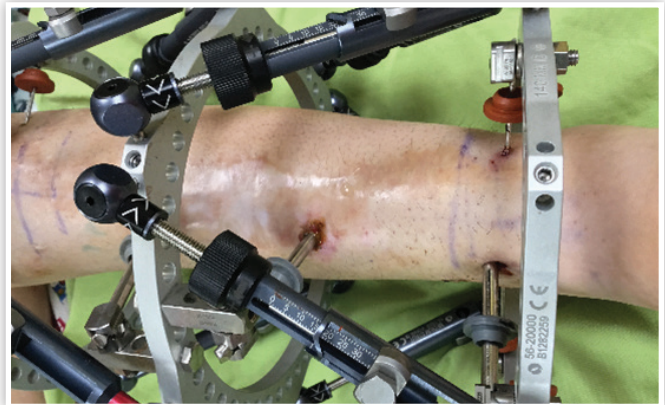
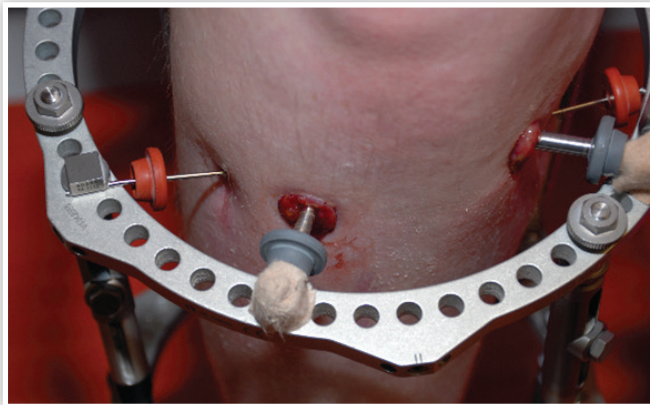
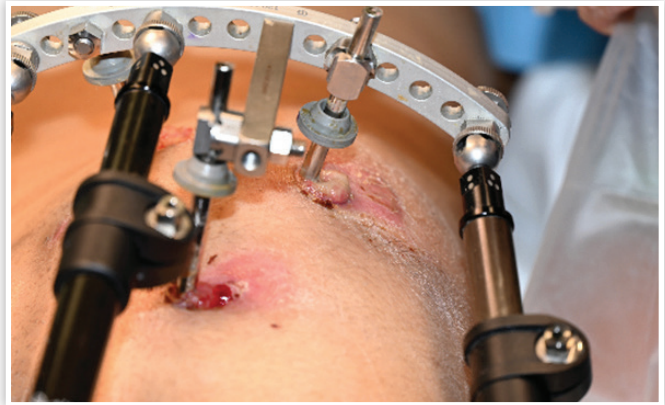
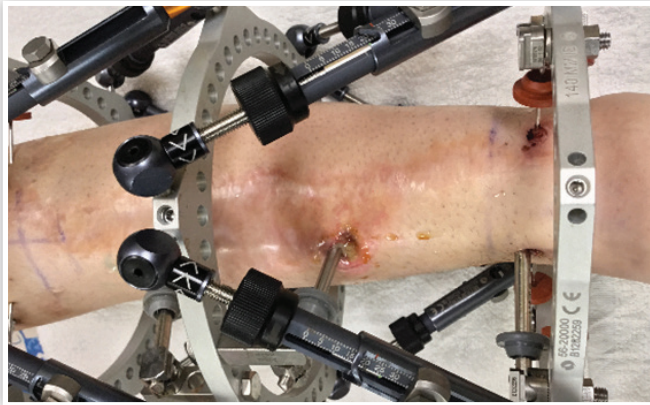
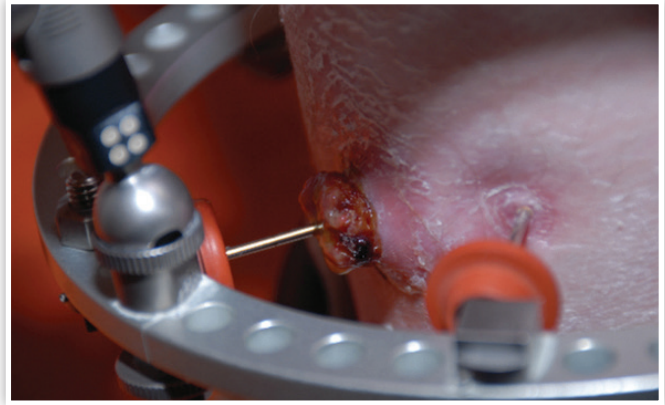
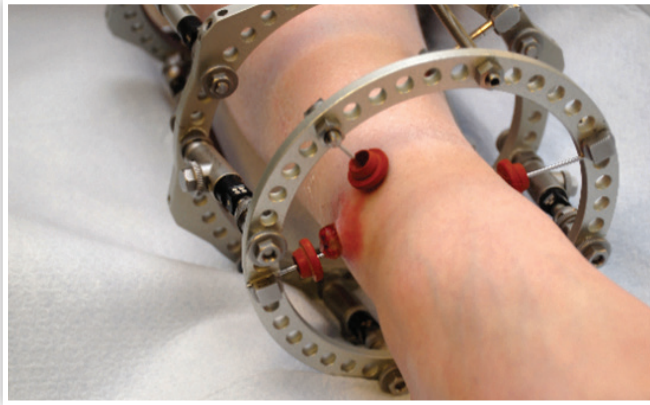
If you have any questions about taking care of your pin sites, ask your treatment team.

The following symptoms could be signs of a pin site infection and may require additional intervention, like antibiotics:

- Redness, warmth or swelling
- Thick white, yellow or green drainage
- Bad smell
- Severe pain
- Loose pins

Pin Site Concerns

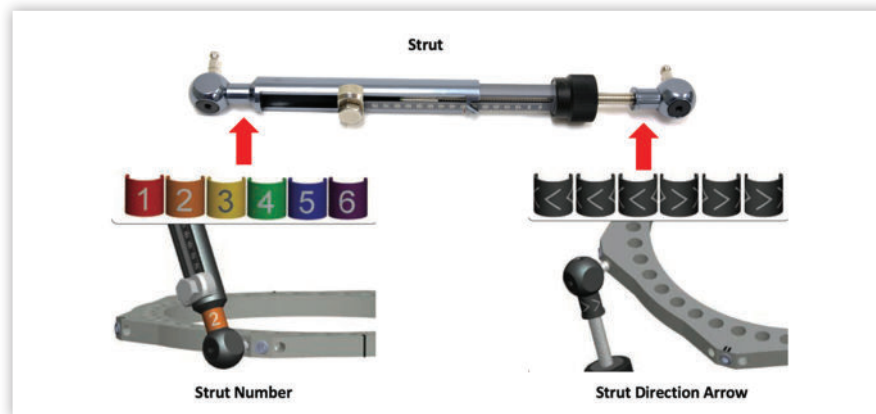
Photos of what a pin site infection may look like:



If you develop any signs of infection or if you have any questions about the pin sites, contact your clinic team. Please call during the hours of 8:00 a.m. to 4:30 p.m., Monday through Friday, or call 214-559-7400 after 4:30 p.m. or on weekends.

How to Turn the Hexapod Struts on Your Frame

The hexapod frame is made of 6 struts. A strut is an adjustable rod that connects the hexapod rings. The strut is adjusted, and this allows the bone to move.



- Each strut has a different color and number:

- o Strut 1 = Red
- o Strut 2 = Orange
- o Strut 3 = Yellow
- o Strut 4 = Green
- o Strut 5 = Blue
- o Strut 6 = Purple

No	Day	Date-Time	1 Red	2 Orange	3 Yellow	4 Green	5 Blue	6 Purple
1	Wed	1/13/2024 08:00	0	-1	-1	2	1	0
2	Wed	1/13/2024 16:00	0	0	0	1	1	0
3	Thu	1/18/2024 08:00	1	-2	-2	4	3	0
4	Thu	1/18/2024 16:00	0	0	0	2	1	1
5	Fri	1/19/2024 08:00	0	-1	-1	4	3	0
6	Fri	1/19/2024 16:00	0	-1	-1	1	1	0
7	Sat	1/20/2024 09:00	1	-1	-1	4	2	0
8	Sat	1/20/2024 16:00	0	-1	-1	2	1	0
9	Sun	1/21/2024 09:00	0	-1	-1	4	3	1
10	Sun	1/21/2024 16:00	0	0	-1	1	1	0
11	Mon	1/22/2024 09:00	1	-2	-1	4	3	0
12	Mon	1/22/2024 16:00	0	0	-1	2	1	0
13	Tue	1/23/2024 09:00	0	-1	-2	4	2	1

Color coded strut turn prescription

- You will be given a color-coded prescription and shown how to turn the hexapod struts.
- You can also download an app called myHEXplan™ for your smartphone.
 - o Download from the App Store or Google Play Store.
 - o Search for myHEXPlan™ and install on your smartphone.
 - o Launch myHEXPlan™ and scan the QR code provided by your clinic.
- Hexapod strut turns are generally done twice a day as prescribed by your physician.

How to Turn the Hexapod Struts on Your Frame

- A strut turn is represented by a click.
 - On the prescription, you will find columns for all the struts for the day. In each box, you will see the number of times you are to turn that strut. There will always be a number in each box. If the number is zero, then there are no strut turns.
 - A direction arrow clip on your strut shows which way to turn the knob. Always pay attention to the direction of the arrow on the clip.
 - If your prescription has a number with a negative sign, **continue to turn the knob in the direction of the arrow**, the prescribed number of “clicks.” The negative sign is for the treatment team. Ignore the negative sign and **turn in the direction of the arrow.**

Look At This



Do Not Look At This

1. To do 1 strut turn or “click,” lift the knob up and start the turn in the direction of the arrow clip.
2. After starting the turn, let go of the knob and complete the turn slowly until the knob clicks back into place. If you do not let go of the knob, you can do too many turns.
3. Scan the QR code to watch a video on strut turns.



Watch Strut Turn video.

Strut Turn Example:

- On Thursday, 1/18/2024 in the morning, you are doing 1 turn on strut No. 1 (red) in the direction of the arrow clip.
- On Friday, 1/19/2024 in the morning, you are doing 1 turn on strut No. 2 (orange) in the direction of the arrow clip.

Remember, ignore the negative sign and turn in the direction of the arrow clip on the strut.

Dr. David Podewils
Scottish Rite Hospital for Children
2727 Welborn St.
Dallas, Texas, United States, 75219
214-950-7816

Patient ID: [REDACTED]
Case: 03-1
Case Description: Ictal Discharge
Exam Type: awake
Side: Right

Check the last page to download prescriptions on your smartphone

Frame ID: A

No	Day	Date-Time	Strut Adjustment in 'CLICKS' (s)					
			1 Red	2 Orange	3 Yellow	4 Green	5 Blue	6 Purple
1	Wed	1/17/2024 09:00	0	-1	-1	2	1	0
2	Wed	1/17/2024 18:00	0	0	0	1	1	0
3	Thu	1/18/2024 09:00	1	-2	-2	3	3	0
4	Thu	1/18/2024 18:00	0	0	0	2	1	1
5	Fri	1/19/2024 09:00	0	-1	-1	4	3	0
6	Fri	1/19/2024 16:00	0	-1	-1	1	1	0
7	Sat	1/20/2024 09:00	1	-1	-1	4	2	0
8	Sat	1/20/2024 16:00	0	-1	-1	2	3	0
9	Sun	1/21/2024 09:00	0	-1	-1	4	3	1
10	Sun	1/21/2024 16:00	0	0	-1	1	1	0
11	Mon	1/22/2024 09:00	1	-2	-1	4	3	0
12	Mon	1/22/2024 16:00	0	0	-1	2	1	0
13	Tue	1/23/2024 09:00	0	-1	-2	3	2	1

Limb Lengthening Home Schedule

You are going home with an external fixator. Record strut turns, exercises and medications in the charts below. If you have questions, contact your nurse.

Activation/Strut Turn and Exercise	
	<ul style="list-style-type: none"> Do a strut turn once in the morning and write it in the box next to the hour it was done. Perform physical therapy exercises in the morning and write it in the box next to the hour it was done.
Date _____	6 A.M.
	7 A.M.
	8 A.M.
	9 A.M.
	10 A.M.
	11 A.M.
	12 P.M.
	1 P.M.
	2 P.M.
	3 P.M.
	4 P.M.
	<ul style="list-style-type: none"> Do a strut turn once in the evening and write it in the box next to the hour it was done. Perform physical therapy exercises in the evening and write it in the box next to the hour it was done.
	5 P.M.
	6 P.M.
	7 P.M.
	8 P.M.
	9 P.M.
	10 P.M.
	11 P.M.
	12 A.M.
	1 A.M.
	2 A.M.
	3 A.M.
	4 A.M.
5 A.M.	

Medication	
	<ul style="list-style-type: none"> Write the name and dosage of the medication your child received in the box next to the hour it was given.
Date _____	6 A.M.
	7 A.M.
	8 A.M.
	9 A.M.
	10 A.M.
	11 A.M.
	12 P.M.
	1 P.M.
	2 P.M.
	3 P.M.
	4 P.M.
	<ul style="list-style-type: none"> Write the name and dosage of the medication your child received in the box next to the hour it was given.
	5 P.M.
	6 P.M.
	7 P.M.
	8 P.M.
	9 P.M.
	10 P.M.
	11 P.M.
	12 A.M.
	1 A.M.
	2 A.M.
	3 A.M.
	4 A.M.
5 A.M.	

Skin Care to Prepare for Surgery

To reduce bacteria on your child's skin, a supply of CHG (chlorhexidine gluconate solution) 2% cleansing wipes will be mailed to your home. Bacteria or germs on the skin can cause surgical site infections. Preparing the skin at home before surgery can reduce skin bacteria and helps lower the risk of a surgical site infection.

You will use these wipes 3 times as directed below.

- Use wipes 2 nights before your child's surgery.
- Use wipes 1 night before your child's surgery.
- Use wipes the morning of surgery.



Scan the QR code to watch **CHG Skin Prep Wipes – 3-Day Instructions** or go to the YouTube Channel: youtube.com/MyChartScottishRiteforChildren

Find the **Preparing for Surgery** section. Under **CHG Skin Wipe Instructions**, select **View Full Playlist**.

What are the steps to prepare the skin for surgery?

1. **Have your child take a bath or shower.** Bathe and shampoo their hair at least 1 hour before using the CHG cleansing wipes. Waiting 1 hour will prevent skin from itching. The wipes work best on clean skin. **Note:** The morning of surgery, your child should **not** take a bath, shave or brush their teeth.
2. **Use the CHG cleansing wipes 1 hour after the bath or shower.**
 - Unopened cleansing wipe packages may be warmed by soaking in warm water. Do not microwave the wipes.
 - Use cleansing wipes on dry, cool skin.
 - **The wipes should not touch** the eyes, ears, mouth, genital/rectal areas and colostomy, if present.

Skin Care to Prepare for Surgery

Use 6 wipes per day, 1 for each area below. In the order listed below, gently wipe the skin for **20 seconds**. **Do not** scrub the skin.

Wait 1 minute for the CHG solution to air-dry on the skin.

Wipe 1: Neck, chest and stomach, not the face.

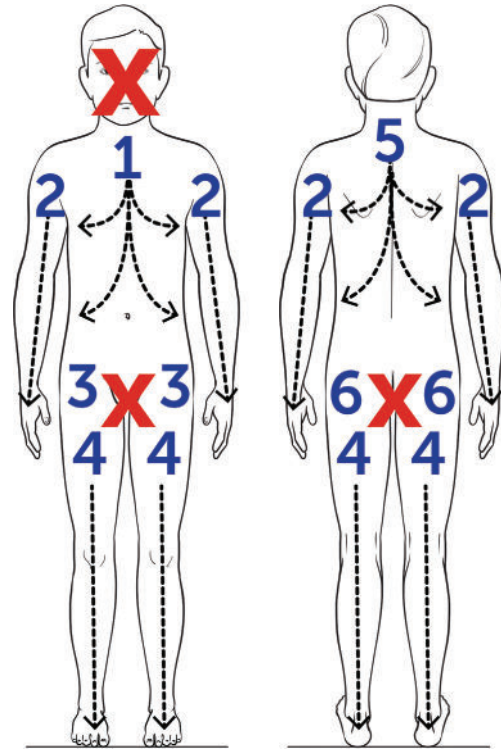
Wipe 2: Arms — front and back, starting at the shoulder, ending at the fingertips. Be sure to wipe the armpit areas well.

Wipe 3: Right and left hip, followed by the groin. Be sure to wipe folds in the groin area.

Wipe 4: Both legs — front and back, starting at the thigh, ending at the toes. Wipe well behind the knees.

Wipe 5: Back, starting at the base of the neck to the waistline — help may be needed to reach.

Wipe 6: Outer buttocks, not the rectal area.



3. **After using the wipes, do not** bathe or put on lotion or makeup.
4. **Do not rinse the skin.** It is normal for the skin to feel sticky for several minutes after using the wipes. If itching or irritation occurs, rinse the area with water.
5. **Throw away used cleansing wipes in the garbage.** Do not flush down the toilet.
6. **Dress in clean pajamas or clothing.** Sleep on clean sheets.
7. **If your child puts their hands and/or feet in their mouth,** rinse the areas with water only.
8. **Store cleansing wipes** in a flat position at room temperature.

CHG Cleansing Wipes – Instructions & Checklist

- Complete the cleansing schedule and initial each time you cleanse with the CHG cleansing wipes.
- Bring this checklist on surgery day.

Use Wipes 2 Nights before Surgery	
Date:	
7:00 p.m. – Take a bath or shower (do not shave). 8:00 p.m. – Use CHG wipes.	
<i>Initial once completed.</i>	
Use Wipes 1 Night before Surgery	
Date:	
7:00 p.m. – Take a bath or shower (do not shave). 8:00 p.m. – Use CHG wipes.	
<i>Initial once completed.</i>	
Use Wipes the Morning of Surgery	
Date:	
<u>Do not</u> take a bath, shower, shave or brush your teeth. Use CHG wipes only.	
<i>Initial once completed.</i>	

SCOTTISH RITE



scottishriteforchildren.org
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Frisco: 469-515-7222

Scottish Rite for Children is a world-renowned leader in the treatment of pediatric orthopedic conditions, such as scoliosis, clubfoot, hand differences, hip disorders, limb lengthening and reconstruction, sports injuries and fractures, as well as certain related arthritic and neurological disorders and learning disorders, such as dyslexia. Patients receive treatment regardless of the family's ability to pay. For more information about services available at our Dallas or Frisco campuses, visit scottishriteforchildren.org.

