

Hip Dysplasia Clinic

About your baby's appointment

Royal Columbian Hospital



Baby's Name _____

☐ Appointment Date _____

Please arrive 15 minutes before

☐ Ultrasound appointment time: _____

☐ Clinic appointment time: _____

☐ Call 604-522-2332 for appointment details



Why does my baby have an appointment for the Hip Dysplasia Clinic?

Some babies are born with loose hip joints. The medical term for this is “developmental dysplasia of the hip” or hip dysplasia (*dis-play-sha*). This condition affects about one baby in every 100 babies.

Babies are more likely to have this condition in these situations:

- The baby is in a breech position.
- Someone in your family had this condition.
- The baby is the first born female in your family.

Doctors and midwives check the hips of newborn babies and during the first year of life.

Your doctor or midwife wants to have your baby checked for this condition. They have asked our Hip Dysplasia Clinic to see your baby so a specialist can examine their hips, and start treatment, if needed.

Do not worry.

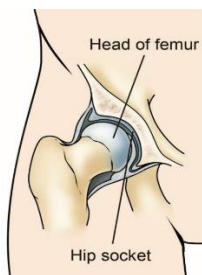
Even if your baby has this condition, it can be treated. Early treatment allows the joints to tighten up naturally and grow correctly.

Please note: The sooner we start treatment, the better. Delaying treatment means it might not work as well. A delay increases the chances of the baby needing complex treatment like surgery and possibly getting hip arthritis.

Try not to swaddle your baby

We suggest you use a sleep sack with a loose leg pouch or wrap your baby in such a way that you leave room for their legs to move freely.

About developmental dysplasia of the hip



The hip joint is like a ball (head of femur) in a deep socket. Normally, the ball fits firmly in the socket.



Dislocated hip joint

With developmental dysplasia of the hip, the socket is shaped more like a teaspoon. The ball can wobble in the socket or fall out of the socket completely (dislocate).

Images: Carolina Regional Orthopedics & Pain Management. Used under fair use purposes.

Treating developmental dysplasia of the hip

It is simple to treat the condition as soon as it is confirmed. We usually use a Pavlik Harness. It is made from soft cloth. When worn as directed, it positions the hip joints in such a way that condition corrects itself as the baby grows - often within a couple of months. In most cases, there is no need for surgery.



Baby wearing a Pavlik Harness

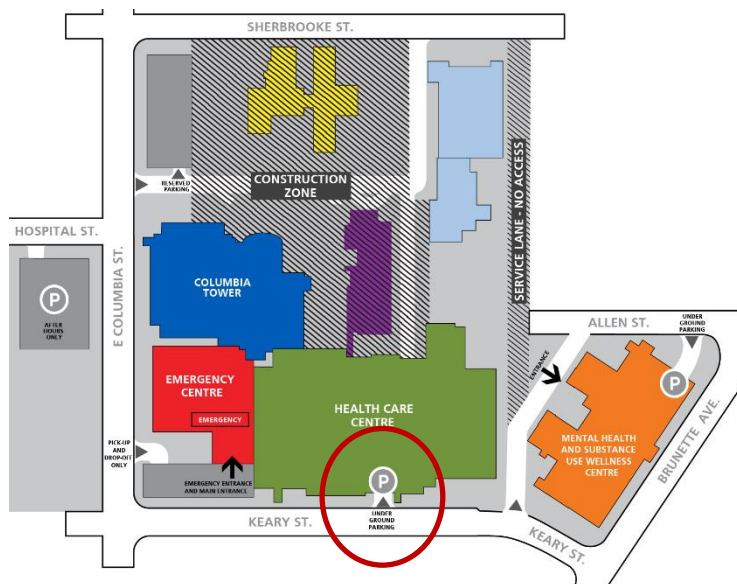
What happens at the Clinic?

We ask babies to have a hip ultrasound before coming to the Hip Dysplasia Clinic. If your baby has an appointment for an ultrasound, please go there first.

In the Hip Dysplasia Clinic, a doctor who is a specialist in children's bones (paediatric orthopedic surgeon) carefully examines your baby. In most cases, the hips are normal and you can go home.

If the specialist finds your baby has this condition, they explain more about it, how we treat it, and answers your questions. Our clinic's orthotist can then start the treatment right away, if requested by the specialist and you agree to it.

Getting to the appointment



Park in **P1**. Enter the car park from Keary Street.

Take elevator to main floor. You are in the main lobby of the Health Care Centre 'Green Zone'.

If you have **only a clinic appointment**:

1. Register at the Orthopaedic Booking Office, located on the left, just beyond the Information Kiosk.

If you have **both ultrasound and clinic appointments**:

1. Go to Medical Imaging in the 'Blue Zone' by following the blue line. Register at the Medical Imaging Reception desk on your right.
2. After the ultrasound, follow the blue line back to the 'Green Zone'.
3. Register at the Orthopaedic Booking Office across the lobby.

Thank you to the parents who graciously allowed us to photograph their daughter for this resource!

www.fraserhealth.ca

This information does not replace the advice given to you by your healthcare provider.

Catalogue #267983 (May 2023)

For more copies: patienteduc.fraserhealth.ca