

Patient information

Ponseti Technique: instructions to parents

The Ponseti Technique

Your child has been diagnosed as having Congenital Talipes Equinovarus (CTEV). The treatment that your child is going to have is called the Ponseti Technique.

What is the Ponseti Technique?

It is a technique to straighten the feet, which has been successfully used in America for over 45 years.

The treatment manipulates the bones and stretches the contracted tissues of the foot. The foot is held in place with a plaster cast. The cast is left on for 5-7 days. This allows enough time for the muscles and ligaments to relax and for the bones to grow into the corrected position.

What happens next?

When you attend Out Patients the plaster will be removed. Your baby can then have a short bath before the foot is positioned again. A new plaster is applied to hold the next position.

How many times does the plaster have to be reapplied?

Usually four but it may take up to eight plasters.

Please note: The staff specially trained in this technique are only available to change plasters during the normal working week i.e. Monday-Friday 9.00 am -5.00 pm.

How can I help?

By helping your baby to relax during the procedure. You can bring a feed, which you can give during the process of manipulation and plastering.

Will my child need an operation?

Maybe, the operation is called a Tenotomy. Once your child's foot is in the correct position the tendon at the back of the heel needs to be released. Your child's foot will then be put in the final position. A plaster cast is then applied to hold this position.

How long will my child be in plaster after the tenotomy?

The plaster is removed three weeks after the tenotomy. Your child will then be given some specially made boots that are joined together by a metal bar. The bar holds the feet in their correct position. The splint must be worn all the time for 3 months. You can removed the splint for a maximum of 30 minutes once a day in order to bath your baby.

After 3 months your child will only need to wear the splint whilst asleep (this includes daytime naps).

Your child must wear the splint whilst sleeping until they are about four years old. During the day your child needs to wear well-fitted shoes.

Plaster Care Instructions

The plaster is completely dry after two hours. Please be extra careful with the plaster until it is dry.

You must:

- Check your baby's toes are pink and warm at every nappy change.
- Check your baby's skin around the edges of the plaster for any signs of the plaster rubbing, for example redness.
- Keep the plaster dry.
- Change your baby's nappy frequently to avoid soiling of the plaster. Disposable nappies with elasticated legs usually work well. Try to fit the leg of the nappy above the top of the plaster, to avoid urine leaking under the plaster.

You must contact the hospital if:

- You cannot see your baby's toes.
- Your baby's toes are not pink and warm.
- The plaster becomes loose, cracked or crumbles.
- Your baby is crying more than usual and appears to be in pain. It may be because the plaster is rubbing an area that is not visible.

It is important to follow all the above instructions carefully in order for the treatment to be successful. The clinic staff are happy to answer any queries you may have. **They can be contacted via the secretary on 01284 713294. Plaster room 01284 713309 between 8.00 am and 5.00 pm.**

For more information

Contact:

West Suffolk Hospital
Paediatric Orthopaedic Service

Contact Telephone: 01284 713294

Please note: Staff available for plaster changes Monday to Friday 9.00 am – 5.00 pm.

If you would like any information regarding access to the West Suffolk Hospital and its facilities please visit the hospital website www.wsh.nhs.uk and click on the link, or visit the disabledgo website:

<http://www.disabledgo.com/organisations/west-suffolk-nhs-foundation-trust/main>