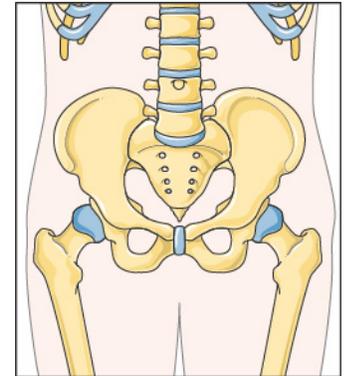


## WHAT YOU NEED TO KNOW: CARING FOR A BROKEN PELVIS

The pelvis is the ring of bones between the hips. It connects to the spine and to the leg bones at the hip joints. Blood vessels, nerves, and muscles run through the pelvic ring and can be affected by a break. A broken pelvis also can affect the organs in the pelvic area.

If your child or youth has a broken pelvis, it might need a few months to heal depending on where it was broken and how bad the break is. Some children will require surgery to put in metal screws, pins or a rod. Other pelvis fractures will heal on their own over time.



### Caring for your child or youth at home

#### Pain medication

If the doctor gave your child a prescription medicine, give it only as prescribed. If your child is not taking a prescription pain medicine, ask the doctor if your child can take an over-the-counter medicine.

#### Medication side effects

Opioids like Dilaudid® can cause drowsiness, constipation, itchiness and nausea. Fortunately these side effects can be resolved using over-the-counter medications purchased at a pharmacy.

Use Dimenhydrinate (Gravol®) and Diphenhydramine (Benadryl®) to manage unbearable nausea or itchiness. If your child or youth experiences constipation while taking opioids, consider a bowel routine using Restorolax® or Miralax® or Lax-a-Day®. Follow the instructions on medication packaging based upon your child's weight. Your pharmacist can provide you with additional guidance if you have questions.

#### Natural pain treatment

If your child is in pain, try putting a cold pack on the painful area for 10 to 20 minutes at a time. You can do this every couple hours while your child is awake. Put a thin cloth between the ice and your child's skin.

#### Diet

Your child or youth can eat a normal diet but it's important to make sure they eat high fiber foods (fruits, vegetables, beans, whole grains) to ensure your child doesn't become constipated. Give them plenty of fluids to keep them hydrated.

### Toileting

Schedule time each day for a bowel movement to ensure your child is not constipated from pain medication. A daily routine may help. Ask your child to take time and not strain when having a bowel movement.

### Activity

While your child or youth's pelvis heals, you can help them put only as much weight on each leg as the doctor prescribes. They may advise that they use crutches to when walking. Help your child get some exercise every day, as soon as their doctor says it is okay to exercise. Build up slowly to 30 to 60 minutes a day on five or more days of the week. Your child's doctor will inform you on when they can return to school and sports.

### When to seek additional help

As a parent or guardian, you know your child or youth best. Watch them closely for changes in their health and call if you think they are not healing as they should.

### When to come back to the Emergency Department

You need to come back to the ED if your child or youth:

- your child has new or worse pain
- your child's foot is cool or pale or changes colour
- your child has tingling, weakness, or numbness in his or her foot and toes and doesn't get better with medication
- your child has pain in their calf, back of the knee, thigh, or groin or redness/swelling of the leg as this could indicate a blood clot



### Contact information

#### Orthopedic clinic nurse (for general inquiries)

(613)-737-7600 ext. 2341

Monday to Friday, 8:00 a.m. – 4:00 p.m.

#### Orthopedic nurse practitioner (for inquiries related to your child's orthopedic condition and post-operative care)

(613) 737-7600 extension 3556

Monday to Friday, 8:00 a.m.- 4:00 p.m.

#### Orthopedic resident on call (for urgent concerns regarding your child's orthopedic condition)

(613) 737-7600 x 0 Ask to speak with the orthopedic resident on call.

After hours and weekends