

Baby Details Sticker



**The Dudley Group**  
NHS Foundation Trust

# Developmental dysplasia of the hips – risk factors

## Maternity Department Patient Information Leaflet

**An appointment has been made for your baby to attend the Baby Hip Clinic in the Children's Outpatient Department (ground floor) on:**

**Date:** \_\_\_\_\_

**Time:** \_\_\_\_\_

If you need to reschedule or cancel this appointment please call 01384 244298.

## Introduction

Your baby's hips were checked at birth as part of the newborn physical examination. Having had this examination, the midwife/doctor **DOES NOT think that your baby has developmental dysplasia of the hip (DDH)**. However, your baby has been identified as having **one** of the following risk factors for DDH:

- A parent or sibling with a hip problem that started as a baby or young child that needed treatment with a splint, harness or operation.
- A breech position (feet first with their bottom downwards) at or after 36 weeks of pregnancy.
- A twin or multiple birth.
- Birth weight over 4kg.
- One or both hips 'click' on movement.

For this reason, your baby will need to have an ultrasound scan just to check for sure that they do not have DDH.

## What is developmental dysplasia of the hip?

Developmental dysplasia of the hip is a condition where the ball and socket joint of the hips does not form properly. It is also sometimes known as congenital hip dislocation or hip dysplasia.

The hip joint connects the thigh bone to the pelvis. The top of the thigh bone is rounded like a ball and sits inside the cup-shaped hip socket.

In DDH, the socket of the hip is not well developed and the top of the thigh bone is not held tightly in place. In severe cases, the top of the thigh bone can come out of the socket (dislocate).

Without treatment, DDH may lead to problems later in life, including:

- Developing a limp
- Hip pain – especially during the teenage years
- Painful and stiff joints (osteoarthritis)

With early diagnosis and treatment, most children are able to develop normally and have a full range of movement in their hip.

## How is DDH treated?

Babies diagnosed with DDH early in life are usually treated with a fabric splint called a Pavlik harness. This secures both of your baby's hips in a stable position and allows them to develop normally. The harness needs to be worn constantly for several weeks and should not be removed by anyone except a health professional.

We will provide detailed instructions on how to look after your baby while they are wearing a Pavlik harness.



Occasionally, surgery may be needed if the Pavlik harness has not helped.

## What happens next?

National recommendation is that your baby has an ultrasound scan and a review by a specialist medical team, with the purpose of excluding DDH. The date of this appointment is on the front of this leaflet. It is essential for your baby to attend this appointment.

On the day of the appointment, your baby will have an ultrasound scan of the affected hip(s) and an assessment by a member of the medical team. The results of the scan will be discussed with you and if DDH is diagnosed, the appropriate treatment will be discussed with you. If you are unable to attend the appointment, please contact the Children's Outpatient Department on 01384 244298.

If you have any questions, or if there is anything you do not understand about this leaflet, please contact:

The Children's Outpatient Department on 01384 244298

Russells Hall Hospital switchboard number: 01384 456111

**This leaflet can be downloaded or printed from:**

<http://dgft.nhs.uk/services-and-wards/maternity/maternity-information-leaflets/>

If you have any feedback on this patient information leaflet, please email [dgft.patient.information@nhs.net](mailto:dgft.patient.information@nhs.net).

**This leaflet can be made available in large print, audio version and in other languages, please call 0800 073 0510.**

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Ulotka dostępna jest również w dużym druku, wersji audio lub w innym języku. W tym celu zadzwoń pod numer 0800 073 0510.

ਇਹ ਪਰਚਾ ਵੱਡੇ ਅੱਖਰਾਂ, ਬੋਲ ਕੇ ਰੀਕਾਰਡ ਕੀਤਾ ਹੋਇਆ ਅਤੇ ਦੂਸਰੀਆਂ ਭਾਸ਼ਾਵਾਂ ਵਿਚ ਵੀ ਪ੍ਰਾਪਤ ਹੋ ਸਕਦਾ ਹੈ, 0800 073 0510 ਤੇ ਫੋਨ ਕਰੋ ਜੀ।

Aceasta brosură poate fi pusă la dispoziție tipărită cu caractere mari, versiune audio sau în alte limbi, pentru acest lucru vă rugăm sunați la 0800 073 0510.

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