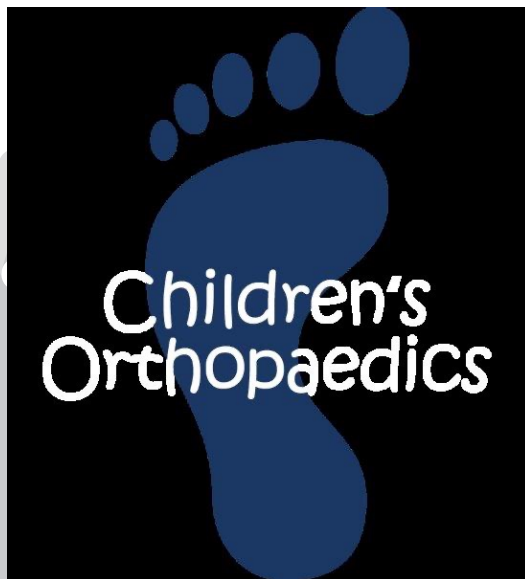


Information about

# Titanium Elastic Nails (TENs)



Royal Hospital for Children  
Trauma and Orthopaedic Department  
1345 Govan Road  
Glasgow G51 4TF

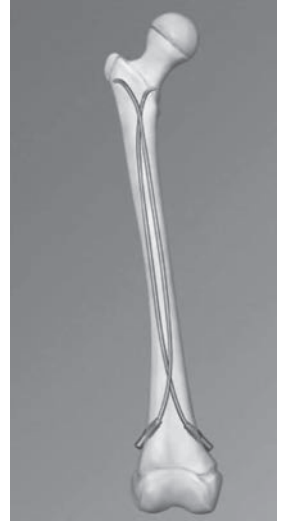
## What are TENs and why does my child need them?

Your child has a fracture (broken bone.) This needs to be fixed to make sure that their bone stays in the correct position until it heals.

Titanium Elastic Nails (also known as TENs) are flexible metal rods that we place into the bone during surgery to provide extra support for the bone while it heals.

TENs are used in children as they don't affect the growth of your child's bone.

Sometimes we make plans to remove them in the future, usually at least 6 months after the fracture. This removal would involve another surgery. Please note: not all TENs need to be removed.



## Before and during the procedure

We will place your child's affected limb in a backslab to help keep their fracture supported and keep them comfortable. The orthopaedic team will then arrange for your child to be admitted to hospital to have their surgery.

TENs are inserted during surgery under general anaesthetic (this means your child will be asleep). The surgeon will put the bone back into place, then insert the nail into the bone through a small cut in the skin. They will use one or two nails, depending on the bone and type of fracture. You will not see them as they are inserted through the skin into the bone and the ends are buried.

During the surgery your child will receive antibiotics to reduce the risk of infection. They will also receive painkillers to ease their pain after their surgery. Ward staff will provide pain relief during their stay to keep your child as comfortable as possible.

## **After the procedure**

If your child has a fracture of their arm, they will come back from surgery with a backslab (half bandage, half plaster cast) over the limb and we will cover this with a lightweight brightly-coloured cast before they leave the hospital. We shall also provide a sling.

If your child has a fracture of their leg, they may have a soft bandage or a backslab on the limb when they return to the ward. We will give you specific instructions for your child about how to move around after surgery and they will see a physiotherapist.

We will give you instructions on how to look after the wounds, but these are usually closed with dissolving sutures, which means there are no stitches to be removed. You should keep the wounds dry for 5-7 days after surgery.

We will review your child before they go home to make sure we are satisfied they are well enough and their pain can be managed effectively at home.

At home, it is important to elevate (raise) your child's limb after surgery to prevent swelling and keep them comfortable.

They may also need simple pain relief (paracetamol and ibuprofen) for the next few days. Always read the packaging and check the doses before giving any medications.

## **Things to look out for**

While it is rare, infections around surgical sites can occur, so it is important to look out for any of the following signs:

- \* Smell or oozing from the wound site
- \* Wound site is red, swollen or hot to touch
- \* High Temperature
- \* Increasing pain around wound site

If any of the above occur please get medical advice. Please contact your GP or the hospital.

## Follow up

When your child goes home from the hospital, they will have a follow-up appointment at the Fracture Clinic in the Outpatient Department at the Royal Hospital for Children.

The date for the first appointment will be \_\_\_\_\_

At their appointments your child may have x-rays taken and be reviewed by the orthopaedic and physiotherapy teams.

These clinics can be very busy as many children have X-rays taken, casts changed and are reviewed by orthopaedic staff over the course of a morning, so we ask for your patience.

## Concerns or queries

If you have any concerns about your child's condition please contact

**Acute orthopaedic trauma liaison team:**

☎ 0141 451 8497 or 0141 451 5644

✉ [ggc.rhcorthotrauma@ggc.scot.nhs.uk](mailto:ggc.rhcorthotrauma@ggc.scot.nhs.uk)

Or for plaster issues contact plaster room directly on

☎ 0141 452 4129



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