

## **Slipped Capital Femoral Epiphysis**

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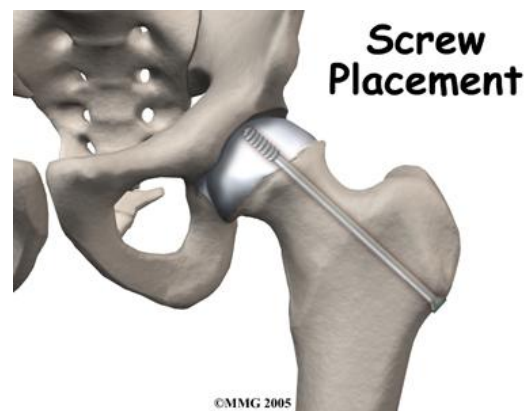
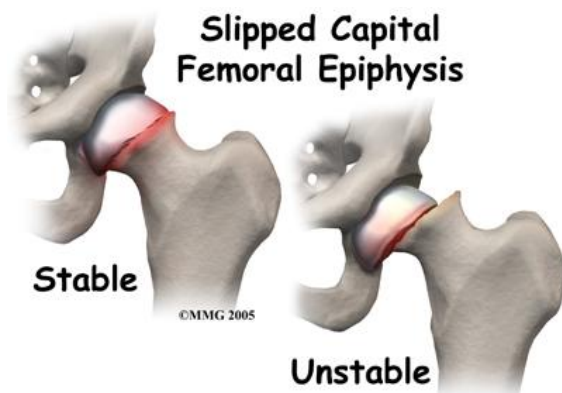
Slipped Capital Femoral Epiphysis (SCFE) is a condition that happens in adolescents where the epiphysis (the ball part of the hip joint) separates from the thighbone. The slip is through the growth plate. The hip slips out of alignment from the rest of the femur. One could compare it to ice cream that falls or slips off the cone. SCFE occurs most often in adolescents and is most common in heavy boys. The growth plate is weaker than other skeletal components during puberty. Overloading of a vulnerable hip leads to motion at the growth plate and SCFE.

The onset of SCFE may be sudden from a fall or a sports injury or may be slow or a gradual slipping. A gradual slipping is most common. Thigh or knee pain and a limp with loss of internal rotation are the common signs and symptoms. Your doctor will get an x-ray of your pelvis to diagnose the problem as SCFE.

Surgery is indicated to stabilize the growth plate and to prevent further slippage. A small incision by your hip will be made and a stainless steel pin will be placed to maintain the position of the growth plate and prevent further slippage. This surgery is known as a hip pinning.

Your surgery will take approximately 1 hour. You will be asleep during this time. When you wake up, you will spend the night in the hospital. You will have pain medicine ordered and antibiotics ordered to prevent infection. In the morning you will be able to go home.

When you go home you will need to be on crutches for 6 weeks, so slowdown, become a couch potato. You may shower in 2 days. Avoid tub baths and swimming until your incision is fully healed. You may remove your dressing 48 hours (2 days) after surgery and place a band-aid over it. Keep your incision clean and dry. We will remove the staples at your follow up visit.



**Dr. Locke's clinical care team**

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