

Intrathecal Baclofen (ITB) Pump Implantation

Information for parents and carers

Your child has had a neurosurgical procedure to insert a pump for continuous infusion of baclofen to help reduce muscle tone. This leaflet outlines information about your child's care and recovery following the procedure.

These recommendations are given to reduce both the risk of infection and reduce longer term damage/ malfunction of the pump/catheter:

- ****Please tell a member of the team immediately if there is any new leakage, redness or an increase in pain associated with the surgical wounds.**
- **Pain** may be present for 6-8 weeks after surgery due to wound healing. Simple pain relief, such as paracetamol or ibuprofen should be used to maintain your child's comfort.
- **Equipment** (seating, straps, harnesses, slings) and orthotic devices (spinal jackets, lycra suits) should all be checked to ensure there is no undue pressure against the device.
- When the **wounds** (tummy and back) have healed, your child can start to return to their normal daily activities as able, but please take note of some cautions listed below.
- Your child can **lie on their tummy** as soon as they are comfortable, but they may benefit from extra padding to relieve pressure over the pump. Your child should feel comfortable when lying on their tummy and should also have the wound checked regularly.
- Your child can use their **standing frame** as soon as they are comfortable. Extra padding may be needed to relieve pressure over the area around the pump and the wound should be checked regularly.
- Your child can restart **hydrotherapy or swimming** if this is part of their therapy regime when the wound has **fully** healed. This may take up to 6 weeks. (** See below re hot-tubs). Over-vigorous trunk (torso) movements in the pool should be avoided for six weeks after surgery.
- We advise against any over-vigorous twisting in your child's lower trunk/ waist area within 6 weeks of surgery.
- Be careful when doing home exercises that involve passive **stretching of muscles**, as the movement may offer much less resistance.
- Avoid any sudden **excessive repeated trunk movements**, particularly to the full range of movement (e.g. bending both knees to chest or extending the body when on tummy.)
- Your child should **not do any rebound, trampoline, gym ball** work, horse riding or "rough and tumble" for **3 months** after the operation. The use of bouncing/rebound therapy must be carefully **risk assessed** as per safe practice guidelines.

- Be careful of any **direct pressure or pulling** on the side of the trunk (where the catheter is) or over the pump itself. This may be during manual transfers or when using standing slings.
- **Avoid all contact sports** where there is a risk of direct trauma to the pump or catheter – wheelchair activities may require protection over the pump.
- You and others involved regularly in your child's care should become familiar with the **symptoms** of under-dose and over-dose of baclofen medication. Written information will be provided.
- Other advice from the Medtronic company is in the booklet provided but be aware of the important advice regarding:
 - MRI scans
 - Spinal surgery
 - Hyperbaric oxygen
 - Power plates/vibration machines
 - Hot tubs**/steam rooms/ saunas/ tanning beds
 - ** Hot tubs should be **no hotter than 37°C****
 - SCUBA diving
 - Travelling

**** It is important to appreciate that it will take time for the pump dose increase to achieve the desired outcome and that regular reviews are required following this procedure.**

We will contact your community Paediatric Physiotherapist to make sure they are aware of the above advice and we can give this leaflet to others involved in your child's care if requested.

Contact telephone numbers

If you have any concerns, please do not hesitate to contact a member of the team:

- ☐ **Paediatric Neuroscience (Borthwick) Ward** - Phone: 0131 312 1632
- ☐ **Paediatric Neurology Secretary** - Phone: 0131 312 0641
- ☐ **Paediatric Neurology Physiotherapy** - Phone: 0131 312 1079
- ☐ **Paediatric Neurology Nurse Specialist** - Phone: 0131 312 0611

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