

# Limb Lengthening: PRECICE® Ellipse Nail



Shriners Hospitals  
for Children®—St. Louis



One of the lengthening procedure available at Shriners Hospitals for Children — St. Louis involves the PRECICE Ellipse Nail. This state-of-the-art nail is surgically inserted into the affected limb after cutting the bone, and lengthens the bone through magnetic interaction with a remote control. The External Remote Controller (ERC) is a portable, hand held device that precisely lengthens the nail with the touch of a button.

## Familiarity Visit

The lengthening requires a great deal of commitment and responsibility from the entire family. Before surgery, patients and families will come to the hospital for a familiarity visit and to meet our lengthening team. This special visit is designed to help parents and children feel comfortable with and prepared for their upcoming surgery. The familiarity visit typically lasts about four hours and may incorporate the following areas of care:

- An assessment of your child's physical strength by one of our physical or occupational therapists.
- A visit to our Radiology department for x-rays.



- A visit to our Patient Photography studio for patient photos to be taken of your child's affected limb. Gait videos may also be ordered so your doctor can assess your child's gait.
- A visit from one of our social workers who will discuss family lodging while your child is in the hospital, as well as financial resources available through our local Shriners.
- A demonstration by our Recreational Therapy/Child Life specialists to familiarize your family with what you can expect during surgery, such as what the oxygen mask will look like!
- A viewing for your entire family of our hospital pre-operation surgery video.

Our expert physicians and Lengthening Coordinator will work closely with each patient and family to ensure all questions are answered.



## After Surgery

- Patients are typically hospitalized for two days to allow enough time to learn about the lengthening process.
- All Ellipse nail patients are non-weight bearing during the entire lengthening process. Patients typically continue to be non-weight bearing for about 6 weeks after bone length is obtained depending on x-rays.
- Physical therapy exercises are to be done twice a day at home and three times a week with a therapist.

## Important Things to Remember

- No weight bearing during lengthening process and possibly for 6 weeks after.
- Physical therapy plan must be followed.
- Weekly clinic visits are necessary to check on your progress.
- Avoid all nonsteroidal medications such as: Motrin, Advil, Aleve, and Naproxen.
- Swimming is allowed.

**For any questions or concerns, call Jill Hahn:**



Shriners Hospitals  
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