

THIS DOCUMENT WAS COMPILED BY MARIA FOLLENIUS FOR USE IN THE FB GROUP “SCOLIOSIS TETHERING (VBT) SUPPORT” AND IS A COMPILATION OF FEEDBACK FROM SEVERAL OF OUR MEMBERS AS WELL AS SOME MEMBERS OF THE MEDICAL COMMUNITY, AND IS MEANT TO GIVE PARENTS A GENERAL IDEA OF WHAT QUESTIONS TO ASK AT VBT CONSULT (THIS DOCUMENT MAY BE EDITED AND UPDATED FROM TIME TO TIME AS NEEDED AND IS SIMPLY A STARTING POINT):

1	Is my child a good candidate for VBT? Why or why not? (the doctor may discuss skeletal maturity, flexibility, etc.)
2	Would you recommend another course of action instead at this time – or another treatment method in conjunction with VBT (i.e., bracing to buy time, etc.)?
3	What do you measure my child’s Cobb angle at and is it in line with previous x-rays? From what you can see, has there been progression since the last x-ray?
4	What do the growth plates in the hip (Risser score) and the hand (Sanders score) tell you about how much more growth is likely and how does this influence your recommendations
5	What are the first steps in obtaining insurance approval? (What do I need to do, if anything, at this point? What should I NOT do?)
6	What Pre-op tests need to be done? (and should I wait for approval first or go ahead and schedule pre-op testing?)
7	What vertebrae will you tether?
8	Would you staple or tether other curves if they exist (i.e., compensatory or lumbar curves), and if so what vertebrae would be involved?
9	(If child has a large rib prominence that bothers them) What do you do to reduce the rib prominence and how much improvement can be expected?
10	Do you ever perform hybrid procedure of partial fusion and VBT?

11	How much correction do you expect to achieve in the OR (what degree do you expect to get the curve down to)? And do you expect there to be additional correction with growth? If so how much (i.e., what do you ultimately expect to get the curve down to)?
12	Would you recommend a Providence brace at night to correct a lumbar curve (if one exists)?
13	How long do you expect the surgery to last?
14	Can you show me where the incision(s) would be?
15	What do you use to close the skin? (stitches, staples, glue)?
16	How long is the average hospital stay?
17	How long is recovery (i.e., what is the range of time my child can expect to be out of school and away from his or her normal activities, sports, etc.)?
18	What are potential post-op complications? Have any of these happened in the past w/patients you have tethered? How were they addressed/how long did they take to resolve?
19	How is pain managed in the hospital? Can I meet with the pain management team ahead of time to discuss my child's post-op pain management plan?
20	What pain meds are given in the hospital and then what meds are given at home?
21	How often will x-rays be needed post-op? If travelling from out of town, can they be taken locally and sent to you for review?
22	What is the time frame for coming back to see you in person?

23	Will VBT prevent fusion or postpone it? (i.e., is it intended to be the only surgery my child will need – or a bridge to fusion?)
24	Do you burn any bridges with VBT if fusion is required later?
25	What percentage of VBT cases has gone on to fusion to your knowledge?
26	Are you aware of any long-term negative effects of VBT?
27	What is the chance of over correction? How do you minimize that risk?
28	Can the tether break and if so how is that addressed? Would it need to be replaced even if my child was done growing?
29	Will we see a correction in posture immediately? If not, how long before we do? and is there anything we can do (exercises, etc.) to help with posture post operatively?
30	How many cases have you done?