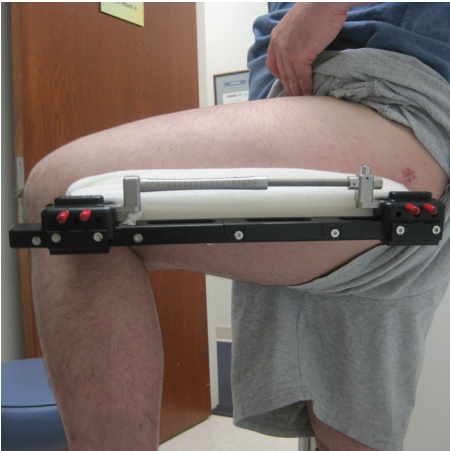
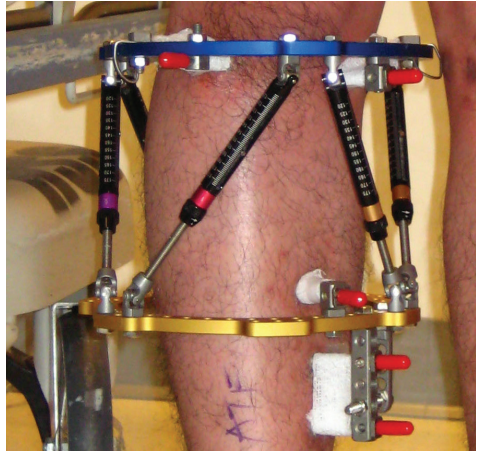


Patient's Guide to **Pin Care**



Mono-Lateral Frame



Circular/Ilizarov Frame

Why:

Pin care is important in the prevention of infection for circular and monolateral frames.



Supplies Needed:

- *Sterile Cotton Swabs*
- *Gauze Wrap*
- *Sterile Sodium Chloride / Sterile Normal Saline*

Frequently Asked Questions:

1. Can I take a shower?

In most cases, yes. In fact, a daily shower is recommended as part of the proper pin care procedure.

2. What kind of soap should I use?

A mild soap should be used to clean the frame and the surrounding area. Allow the water to run on the frame.

3. How often should pin care be done?

Once daily pin care should be done immediately following a shower.

4. Where do I get the supplies to do my pin care?

The hospital will give you supplies for a couple of days to get you started and a prescription for supplies for the remainder of your pin care. (Insurance may or may not reimburse for supplies.)

5. How long do I continue to do my pin care?

Pin care must be done until the first follow-up appointment. It is recommended that the pins continue to be wrapped thereafter; and pin cleaning (with cotton swabs) be done only if a pin infection is present.

6. How often should I change the pin care solution?

A new solution should be poured on a daily basis.

Steps for Pin Care:

(Variations and other interventions are to be made by the Doctor only).

1 Wash hands and apply gloves.
Remove gauze dressing.

2 Shower using a mild soap, or Johnson's Baby Shampoo on a clean laundered washcloth daily to frame area. Run water on frame and skin. Stitches can get wet and soapy (do not cover).

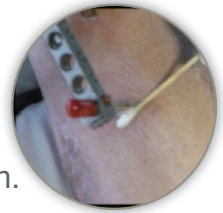
3 Pour a small amount of Sterile Normal Saline / Sterile Sodium Chloride into a clean cup.

4 Place sterile cotton swabs in the solution.

5 Use only 1 cotton swab per pin site.



6 Apply cotton swab to pin site with moderate pressure, never leaving the site.



Go around the pin site and then up the pin.

****If contact is lost with the pin site (where the pin enters the skin), use a new cotton swab. Once the cotton swab is drawn up the pin, don't go back down.*

Do not use the same cotton swab on another pin.

7* Wrap pins in groups/clusters with gauze wrap.



***Monolateral Frame
Exception to Step 7**

The gauze should be wrapped around the frame from the upper pins to the lower pins; positioned between the skin and the frame.

Do:

- Follow the pin care directions exactly, using proper pin care technique.
- Call the doctor's office for a follow-up visit.
- You may go into a chlorinated pool after 4 weeks, **after seeking surgeon's approval.**

Call your doctor at the first sign of infection (see next page).

Don't:

- You are **NOT** allowed to go into the ocean, pond, hot tub or lake.
- Don't allow animals to lick the frame area.
- Don't use the same cotton swab on more than one pin site.
- Don't use the same cotton swab if contact is lost with the pin site (where the pin enters the skin). Use a new cotton swab.
- Once the cotton swab is drawn up the pin, don't draw it back down to where the pin enters the skin.

SIGNS OF INFECTION:

- **Increase in pain level**
- **Redness/heat on skin**
- **Drainage** (*some bleeding from the pin site is normal during the first week.*)
- **Fever**
- **Numbness/tingling**

Contact your doctor immediately if you exhibit any of these signs.

Limb Lengthening and Complex Reconstruction Surgery

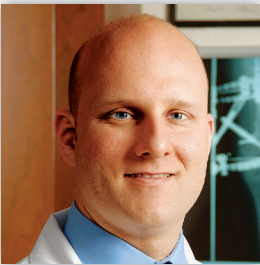


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The logo for Hospital for Special Surgery (HSS), consisting of the letters "HSS" in white, bold, sans-serif font, centered within a solid blue square.

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