



## Aim

The aim of pin site care is to:

- Prevent any potential infection.
- Prevent overgrowth of the tissue / skin from around the pin.

Do not submerge pin sites in the bath as the water will not be clean. Shower with your frame covered (e.g. in a bin liner). On the day of changing the dressing, shower with your old dressing in place, cleaning the frame using a soft tool. It is advisable to sit on a chair in the bath. Soap and shower gel should be avoided on the affected limb. Dry the frame with a clean towel and change the dressing as per the protocol below.

You will be taught pin site care by your nurse, prior to discharge. You will be expected to continue this throughout the course of your child's treatment.

## Changing the Dressing

### You will need:

- 1 dressing pack
- 6 packs of gauze swabs
- Pink / blue chlorhexidine 0.5% in 70% alcohol
- Sterile scissors
- 1 box of sterets

### Method

1. Wash your hands with soap and water.
2. Open dressing pack and set out equipment.
3. Fill large tray full with Pink Chlorhexidine.
4. Put on the gloves provided in the dressing pack.
5. Using the sterets, clean the pins starting nearest the pin site and work up the pin.
6. Push wire clips up wire / pin.

7. Remove and discard old dressings in bag provided.
8. Clean pin sites individually using gauze swabs and Chlorhexidine. Clean in one direction only.
9. Ensure that skin can move freely around pin.
10. Cut gauze into 4 and make a keyhole cut into each square.
11. Soak half the dressings in Chlorhexidine removing excess liquid.
12. Cover pin sites with 2 layers of gauze one with Chlorhexidine and one dry.
13. Push down wire clips and make sure the dressing is secure but beware of creating a pressure sore.
14. Dispose of content of dressing pack and sharps carefully.
15. Change the dressing in this way every 7 to 10 days unless you experience:
  16. Pain, redness or yellow / green discharge from around a pin site.
  17. Flu-like symptoms.

## Medication

On discharge, you will be given Paracetamol and Codeine Phosphate. Diazepam may also be given for the relief of muscle spasm. Your child must not take Diclofenac (Voltarol) or Ibuprofen (brufen, nurofen).

## Lengthening Process

You will be shown how to make the necessary adjustments to your child's frame by your Consultant or Physiotherapist.

## Diet

- A balanced diet is required.
- Your child should be encouraged to drink milk.
- The lengthening process increases metabolism, therefore, a high protein

snack may be taken before bedtime to replace used calories.

- Appetite may be reduced due to painkillers and / or antibiotics.

## **Clothing**

Normal clothes may be worn but they must be loose.

A side seam can be picked on trousers or under - garments and fitted with a zip, poppers, or velcro.

Generally, there should be NO restrictions to your child's physical activity but this needs to be confirmed with your Consultant.

You will be taught specific exercises by a Physiotherapist.

Crutches will be used for access purposes.

The amount of time spent on crutches and the amount of weight put through the affected limb will be discussed with you.

If your child has to use a wheelchair, the amount of time spent in it will be decided by your Consultant.

## **School**

Where possible, your child should return to school in order to minimise disruption to their education.

## **General Advice**

Please contact the hospital or your Consultant if you notice any of the following:

- Redness
- Pain
- Swelling or tenderness of the limb or pin-sites
- Pins and needles or numbness
- Decreased movements of affected limb
- Fingers or toes change colour to white or blue, or become cold
- Wire breakage or loosening of any pins / screws

## **Contact**

Sue Charitou, Clinical Nurse Specialist in Orthopaedics via the hospital switchboard on Telephone:  
020 7580 4400.

## **Disclaimer**

Whilst this leaflet aims to provide you with useful advice and information it must be noted that it should only act as a guideline. Should you have any further concerns about this procedure, it is advisable that you discuss it with your Consultant.