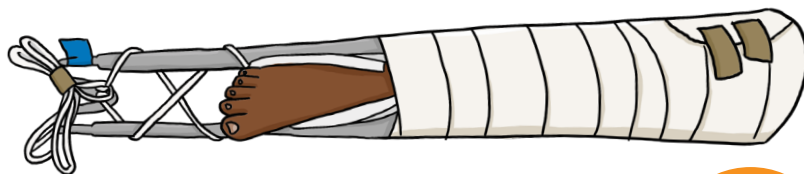


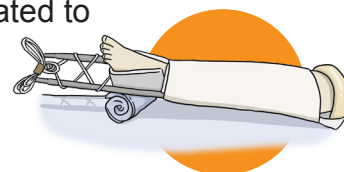


Care of Fixed splint



Looking after bub's skin

- When bub's awake, you will need to gently move and oil bub's skin under the splint ring (oils like cooking olive oil). The nurse will show you what to do before you go home.
- You will need to wash and dry bub's skin after they go to the toilet.
- When they're awake you will need to move them from side to side. This is to reduce any pressure from the splint ring.
- They will also need to do "tummy time" for 30 minutes 2 times a day.
- Keep a rolled up towel or pillow under the splint (at the end) to keep it elevated to prevent pressure on their heels.



Toileting

If not toilet trained

- You will need to change bub's nappies often during the day to prevent the splint ring and calico slats from getting dirty.
- The nappy needs to be placed correctly so the splint ring is not tucked into the nappy.

If they are toilet trained

There is special equipment to help make going to the toilet easier for bub at home, the hospital can hire this out to you. Yarn with the Occupational Therapist (OT).

If the splint ring becomes dirty you will need to clean the ring and bub's skin with a damp cloth then dry, and then put oil on again.

Getting around in a cast

- Bub should not stand, crawl or walk while in the splint.
- You will get a wheelchair or stroller to use when at home. The OT shows you the safest way to move bub in and out of the wheelchair or stroller.
- The OT will yarn with you if bub is over 20kg, you may need a hoist and sling to move bub.
- To stop any damage to walls or furniture at home, foam or cotton padding over the end of the splint can help.



Traction care

The nurse will go through a **splint discharge checklist** and show you how to do **traction care**, this will need to be done every day when your home.

1. Remove the crepe (outside) bandage from around the splint

2. Check the cotton padding and the calico slats to make sure they are smooth and no creases (bumps)

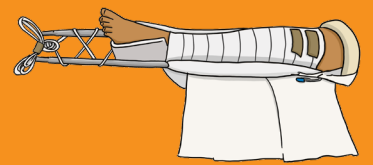
3. Check the white bandages (inside bandage) to make sure it's not loose and creased (bumps) or too tight

- Do not adjust or remove this white bandage



4. The lattice ropes at the end of the splint must be firm to make sure bub's leg stays in the traction

- The nurse will show you how firm it needs to be before you leave

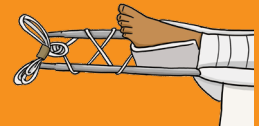


5. Check to make sure the splint ring is high up the leg as possible without causing any pressure injury or marks

6. When all the checks are done, put on the crepe (outside) bandage, start from the ankle and roll in towards bub's big toe

Keep going until you have get to the top of their thigh and all the traction has been covered up

- Do not pull the crepe bandage too tight
- Do not make any changes to the traction



If you have any concerns with the traction **call 6456 2222** and ask for **Orthopaedic Clinic** during Monday-Friday, 8.00am-5.00pm or the **Orthopaedic ward 6456 0354** after hours for advice.

Foot health:

Temperature:	Colour:	Movement:	Sensation/ feeling:	Swelling:
Both feet should feel the same temperature	Both feet should be their normal skin colour	Both feet have normal movement in their toes and ankles	Normal feeling on the top and bottom of the foot and toes	Little or no swelling on foot or toes

If you have any worries or concerns about bub see your GP, health clinic or go to the emergency department.

Pain relief - if bub is in pain give them:



Paracetamol (Panadol)

Given at: _____

Next dose at: _____

No more than 4 times in 1 day

See packet instructions

If **not working** or you are worried or concerns **call 6456 2222** and ask for Orthopaedic Clinic during Monday-Friday, 8.00am-5.00pm or the **Orthopaedic Ward 6456 0354** after hours for advice.

Follow-up appointment

It is important to go to your **follow-up appointment that will be made before you leave the hospital**. If you forget or need to change your appointment, please call Outpatients via the switch on 6456 2222.

Other information:

- back care - safe wheelchair or stroller moving Health Facts
- pressure injury prevention Health Facts
- splint discharge checklist.



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Child and Adolescent Health Service

Child and Adolescent Health Service

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This document can be made available in alternative formats on request for a person with a disability.

Disclaimer: This publication is for general education and information purposes. Contact a qualified healthcare professional for any medical advice needed.

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