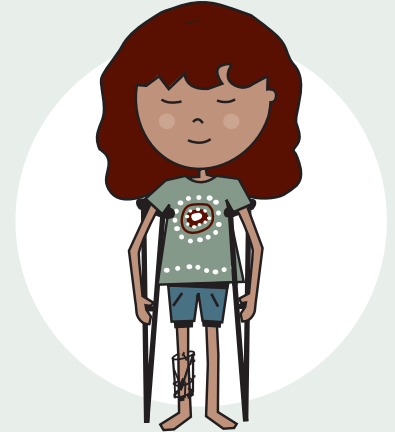


When your child has a frame

Keeping our mob healthy

Keep your child's leg or arm strong by:

- Making sure they are moving as much as possible with crutches or a wheelchair
- Doing the exercises that the physio has shown them
- No school or day care until after the first outpatient appointment to give them time to heal



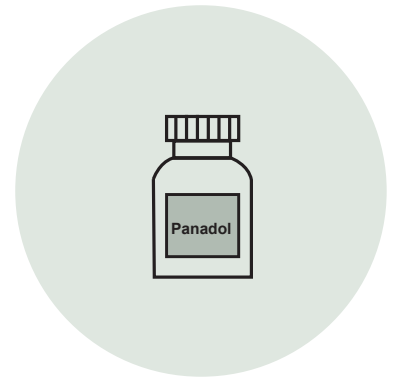
Turns (distraction)

Do the turns that were shown to you in the hospital as often as the nurse told you to. If there are problems turning then contact PCH on (08) 6456 5444.

Pain relief

If your child is in pain you can give them pain killers like Panadol.

Do not give Nurofen. If pain killers don't help, your child should see a doctor.

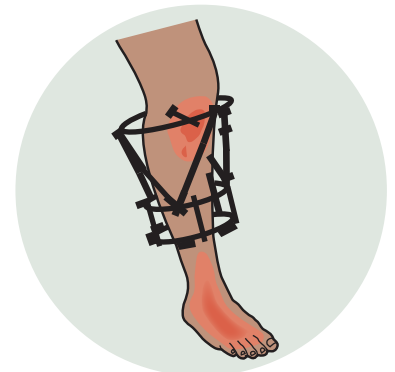


Look out for infection

- Hot forehead (temperature over 38 degrees)
- Swelling around the pins on your child's leg or arm
- Redness around the pins
- Pus coming from near the pins
- A bad smell coming from near the pins

If your child has any of the above see a doctor.

If there is an infection the doctor can give your child medicine to get rid of infection.



Circulation: Check your child's feet or hands each day

- Look at feet or hands
- Touch their hands or feet - are they too hot or too cold?
- Check that their feet and/or hands are not puffy (swollen)

Take good care of pin sites to:

- Stop infection
- Help it heal
- Stop skin growing around the pin

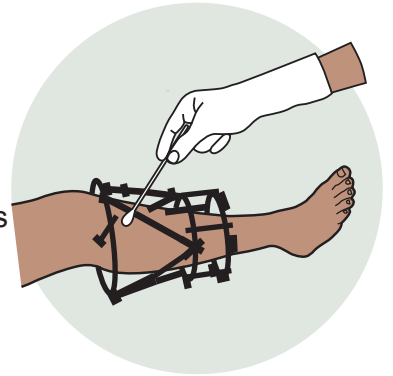


Dressings

The nurse will show you how to change the bandage on the pin site. Change bandages once a week.

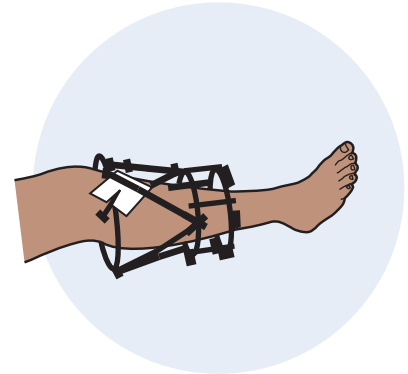
How to change the bandage

1. **Wash and dry hands**
2. Put the dressing pack open on a clean table
3. Put gloves on then lift the stopper on pins and take off old dressings
4. Look at pin site for infection
5. Change your gloves
6. Wipe around the pins with alcohol swabs
7. Clean underneath the stopper
8. Put a new sponge around the pin
9. Push the stoppers down



Showering

- Make sure your child washes all soap off their arm or leg
- After a shower make sure all skin is dry
- Use a different towel to dry skin around the frame
- Do not use swab sticks after each shower



Check-ups

- Your child will be seen weekly by the doctor at an outpatient appointment
- You will be given an appointment before your child leaves the hospital
- If you don't get a check-up appointment or need to change your appointment, please call Orthopaedic Outpatients via the PCH switchboard on (08) 6456 2222



Government of **Western Australia**
Child and Adolescent Health Service

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