

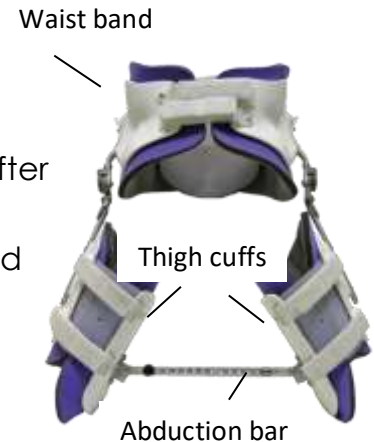
Hip abduction brace

after hip surgery


What is a hip abduction brace?

The hip abduction brace keeps your child's hip joint from moving after hip surgery. This helps it heal. It does this by stopping the legs from moving. The brace is made of hard plastic with pads. Pads are held in place with strong hook and loop closures.

It may have a calf cuff. It would be on the side that had surgery. An abduction bar holds the legs in the best position for healing.



How do we care for a child in a brace?

What to wear	<ul style="list-style-type: none">• Split the side seams of sweat pants, shorts and underwear by the side seams. Then add self-adhesive Velcro® or sew on ties to the sides.• Break away pants can be fitted around the abduction bar and snapped in place.• Dresses also work well.	
How to go	<ul style="list-style-type: none">• If your child wears diapers: You may need a larger size. Tuck the diaper edges under the purple thigh cuff pads to keep them from getting wet or dirty. The diaper tabs should come under the side bar for a snug fit. This will keep the diaper from leaking to the side and back pads. We will show you how to do this.• If your child does not wear diapers: Use a bedpan. You will get a bed pan to take home from the hospital. You may choose to use a drop-arm commode next to the bed.	
How to position and transport your child	<ul style="list-style-type: none">• Your child can be turned on either side, back or stomach. It will depend on what feels best. Use pillows or wedges to support their body.• If your child is under 2 years old: Use a wagon, jogger stroller or reclining stroller. Your child will go home with a car seat which works with the brace. Your child will be fitted for the car seat before they leave the hospital.• If your child is older than 2 years old: A reclining wheelchair will be used. This will be ordered for you. A car seat or E-Z-On Vest will be loaned to you based on your child's height and weight. If your child is too tall to lay flat on a bench seat, ambulance transport may be set up.	

How do I care for the brace and pads?

Keep brace on at all times. The brace may be opened for skin checks, brace pad changes or dressing changes.

- Change the pads if they are wet or dirty. Change the dressing at the hip if more than half of the dressing is wet. Your nurse will show you how to do this before you go home. This will take two people.
 1. One person log rolls your child half way out of brace to reach pads or dressing.
 - Keep one hand at small of back and one hand scooping under knee.
 - Gently turn their body as one unit.
 - Lift out of brace while keeping their legs spread.
 2. With your child on their side, the second person should changes the pads and reinforces or changes the dressing.
- Wash pads in warm water with mild detergent. Carefully rinse soap from pads to prevent skin irritation. Lay pads flat to air dry. You will be given a second set of pads. Use these on the brace when you clean and dry the other pads. If another set is needed, call Hanger Clinic: 414-266-6690.
- The plastic part of the brace can be cleaned with a clean damp cloth.

Other information

- Look at the skin under the brace with every diaper change or position change. If you see redness, change your child's position and leave straps open. If the redness is still there after 15 to 30 minutes, call Hanger Clinic at 414-266-6990 or the orthopedic clinic nurse line at 414-266-2411.
- The brace is set for abduction and hip flexion. This is how much your child can pull their thighs in or forward. It will be specific for your child. The brace joint at the hip may be open or it may be locked to prevent sitting. This will be decided by your surgeon.
- Take home the TAP (turn and position) sheet and wedge system. This will help with lifting and positioning. If you forget to take these home, you can use pillows.

Never use the abduction bar to lift your child because it may cause screws to become loose.

ALERT: Call your child's health care team if you or your child have any concerns related to using this teaching sheet or your child has special health care needs not covered by this information.

For other health and wellness information, check out this resource:

<https://kidshealth.org/ChildrensWi/en/parents>

This sheet was created to help you care for your child or family member. It does not take the place of medical care. Talk with your healthcare provider for diagnosis, treatment and follow-up.