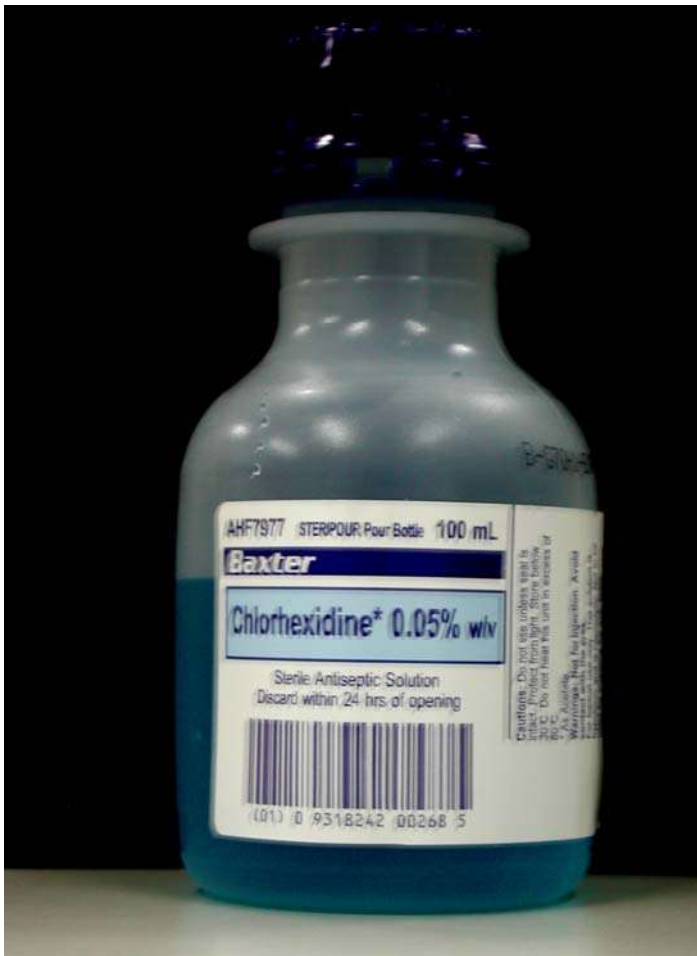


Care of pin-sites

You are able to shower with an Ilizarov frame once the wounds are dry this is usually by day 5.

You should clean your pin sites once a day using an antibacterial solution such as Chlorhexidine 0.05%, using cotton wipes to wipe around each individual pin site in a circular motion. Sometimes a soft tooth brush may be required to clean up a build up of scab that often forms around the pin sites. This is quite normal as the body tries to heal its self.



Some people may experience a lot of ooze coming from a particular pin site, do not be alarmed as this can be quite normal. If this does occur soak a piece of lyofoam in the chlorhexidine antibacterial wash, then place the lyofoam around the pin site. You may find that you need to change this dressing on a regular basis (some times 2-3 times a day).



If any of your pin sites start to look red please seek medical attention from your local doctor or contact the rooms to seek further instructions from Dr O’Carrigan. As antibiotics may be required. Once the pin sites have stopped oozing, and they look clean and dry they can remain uncovered.

Clothes modification

Skirts, pants, jeans, shorts: by splitting the seam on the affected side and attaching Velcro or press studs to the seam can make it a lot easier to dress. For further ideas see www.ilizarov.org.au

Smoking

If you are suitable for this type of surgery and you are a smoker, than you have to stop smoking immediately as smoking affects bone growth and healing process. If you are not prepared to stop smoking than you will find that your Orthopedic surgeon will not carry out this procedure.