Patient’s Guide to Pin Care

Limb Lengthening and Complex Reconstruction Service (LLCRS)

Mono-Lateral Frame

Circular/Iliizarov Frame

S. Robert Rozbruch, MD
Austin T. Fragomen, MD
Why:

Pin care is important in the prevention of infection for Circular and Mono-lateral frames.

Supplies Needed:

Gloves
Sterile Cup
Sterile Cotton Swabs
Normal Saline
Hydrogen Peroxide
Scissors
Tweezers
Gauze Wrap
Frequently Asked Questions:

1. **Can I take a shower?**
   In most cases, yes. In fact, a daily shower is recommended as part of the proper Pin Care procedure.

2. **What kind of soap should I use?**
   An anti-bacterial soap should be used to clean the frame and the surrounding area. Allow the water to run on the frame. If the skin gets dry, stop using soap on that extremity.

3. **How often should Pin Care be done?**
   In general, pin care should be done immediately following a shower.

4. **Where do I get the supplies to do my Pin Care?**
   The Hospital will give you supplies for a couple of days to get you started and a prescription for supplies for the remainder of your Pin Care. (Insurance may or may not reimburse for supplies.)

5. **How long do I continue to do my Pin Care?**
   Pin Care must be done daily until your frame is removed.

6. **How often should I change the Pin Care solution?**
   A new solution should be mixed on a daily basis.
Steps for Pin Care:

(Variations and other interventions are to be made by the Doctor only).

Step 1:
Wash hands and apply gloves.
Remove gauze dressing.

Step 2:
Shower using anti-bacterial soap on frame area.
Run water on frame area.

Step 3:
Mix 1/2 Normal Saline with 1/2 Hydrogen Peroxide solution.

Step 4:
Place sterile cotton swabs in the solution.

Step 5:
Use only 1 cotton swab per pin site.
Steps for Pin Care:

(Variations and other interventions are to be made by the Doctor only).

Step 1:
Wash hands and apply gloves.
Remove gauze dressing.

Step 2:
Shower using anti-bacterial soap on frame area.
Run water on frame area.

Step 3:
Mix 1/2 Normal Saline with 1/2 Hydrogen Peroxide solution.

Step 4:
Place sterile cotton swabs in the solution.

Step 5:
Use only 1 cotton swab per pin site.

Step 6:
Apply cotton swab to pin site with moderate pressure, never leaving the site.
Go around the pin site and then up the pin.

**If contact is lost with the pin site (where the pin enters the skin), use a new cotton swab. Once the cotton swab is drawn up the pin, don’t go back down.

Do not use the same cotton swab on another pin.

Step 7:
Wrap pins in groups/clusters with gauze wrap.

*Mono-Lateral Frame Exception to Step 7:
The gauze should be wrapped around the frame from the upper pins to the lower pins; positioned between the skin and the frame.
Do:

Follow the Pin Care directions exactly, using proper Pin Care technique.

Call the doctor’s office for a follow-up visit.

You may go into a pool after 4 days, after seeking surgeon’s approval.

You are NOT allowed to go into the ocean or a lake.

Call your doctor at the first sign of infection (see next page).

Don’t:

Don’t allow animals to lick the frame area.

Don’t use the same cotton swab on more than one pin site.

Don’t use the same cotton swab if contact is lost with the pin site (where the pin enters the skin). Use a new cotton swab.

Once the cotton swab is drawn up the pin, don’t go back down.
SIGNS OF INFECTION:

- Increase in pain level
- Redness/heat on skin
- Drainage (Some bleeding from the pin site is normal during the first week.)
- Fever
- Numbness/tingling

Contact your doctor immediately if you exhibit any of these signs.
Limb Lengthening and Complex Reconstruction Service (LLCRS)

S. Robert Rozbruch, MD
Chief
rozbruchsr@hss.edu
(212) 606-1415

Austin T. Fragomen, MD
fragomena@hss.edu
(212) 606-1550

www.LimbLengthening.com
www.hss.edu/limblengthening

Hospital for Special Surgery
535 East 70th Street
New York, NY 10021

Prepared by Erica Lenihan, BS RN