

## Caring for your child in a hip abduction brace

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The advice in this leaflet should make you feel more confident in caring for your child when they are wearing a hip abduction brace – a device to help hold the hips in the correct position.

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### Introduction

Hip abduction splints are lighter and easier to manage compared to a plaster cast. However, it is important to follow the instructions you have been given concerning keeping the splint on your child.

### Caring for your child in the splint:

If your child is not allowed out of the splint for baths then it is important to manage his/her hygiene needs whilst keeping the legs in the “frog position”. Don’t worry if he/she manages to get his/her legs free, as the occasional release from the splint should not have any adverse affect.

Whilst the splint is on you will need to change the cotton lining that you have been given for his/her thighs. This should be changed daily or at least every other day and the skin checked, washed and a clean lining put on. To do this, release one thigh brace at a time, then clean the skin and dry thoroughly, re-velcro up the brace, then do the same for the other thigh. If you notice any sore areas you will need to seek urgent advice either by contacting us or your GP.

### Nappy changing:

You will now be able to go back to the correct size nappy for your child. To put the nappy on the easiest way is to first place the nappy flat on a surface, then place your child on their front over the nappy. Pull the back end of the nappy through the splint and up behind your child between the splint and the skin surface. Turn your child back over and fasten the nappy as normal. The splint can be wiped over with water or baby wipes to keep it clean.

## Contacting us

If you require any further advice please contact:

Angie Lee, Nurse Consultant: 0118 322 8747

Nina Doherty, Clinical Nurse Specialist: 0118 322 8746 or 01183225111 bleep 232

CAT 5 (Clinical Administration Team) 0118 322 7415

## Further information

More information about the Trust can be found on our website [www.royalberkshire.nhs.uk](http://www.royalberkshire.nhs.uk)

This document can be made available in other languages and formats upon request.

Author: A Lee, March 2019

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