



---

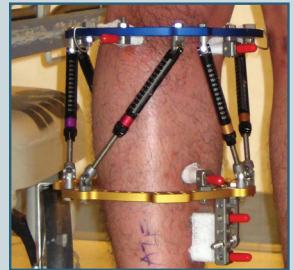
# Patient's Guide to Pin Care

---

## Limb Lengthening and Complex Reconstruction Service (LLCRS)



Mono-Lateral Frame



Ilizarov Frame

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

*Why:*

Pin care is important in the prevention of infection for Ilizarov 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, it is recommended daily 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 water to run on frame. Alternatively, you do not need to use soap if directed by the surgeon.

3. *How often should Pin Care be done?*

Pin care should be done once a day, 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.

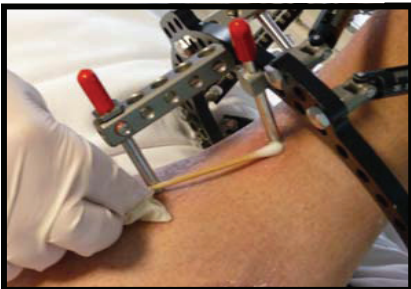
---



### Step 4:

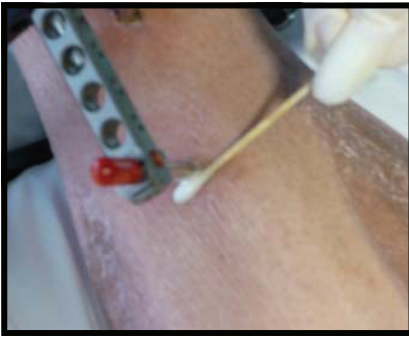
Place sterile cotton swabs  
in the solution.

---



### Step 5:

Use only 1 cotton swab  
per pin site.



### 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.

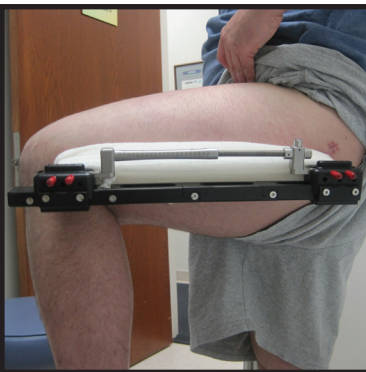
\* If contact is lost with the pin site (where the pin enters the skin), use a new cotton swab. Once the cotton swab is drawn up the pin, don't go back down.

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:**

**Wrap the entire frame from  
top to bottom with large  
gauze wrap.**

## 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 weeks, **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)

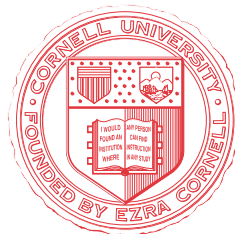


S. Robert Rozbruch, MD  
Chief  
rozbruchsr@hss.edu  
(212) 606-1415



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

HOSPITAL  
FOR  
**SPECIAL  
SURGERY**



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

*Prepared by Erica Lenihan, BS RN*