

Further information and advice can be obtained from:

NHS 111
NHS Choices online

☎ 111
www.nhs.uk

MTW NHS Trust is committed to making its patient information accessible in a range of languages and formats. If you need this leaflet in another language or format please ask one of your clinical care team or the Patient Advice and Liaison Service (PALS). We will do our best to arrange this.

Maidstone and Tunbridge Wells NHS Trust welcomes all forms of feedback from our service users. If the standard of service you have received from the Trust does not meet your expectations, we want to hear from you. Please speak with the ward manager or the nurse in charge in the first instance, or you can contact the **Patient Advice and Liaison Service (PALS)** on:

Telephone: ☎ 01622 224960 or ☎ 01892 632953

Email: mtw-tr.palsoffice@nhs.net

or visit their office at either Maidstone or Tunbridge Wells Hospital between 9.00am and 5.00pm, Monday to Friday.

You can be confident that your care will not be affected by highlighting any areas of concern or making a complaint. The Trust will retain a record of your contact, which is held separately to any medical records. If you are acting on behalf of a patient, we may need to obtain the patient's consent in order to protect patient confidentiality. More information on PALS or making a complaint can be found on the Trust's website: www.mtw.nhs.uk or pick up a leaflet from main reception.

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Pin-site Cleaning

Information for parents and carers



Riverbank Unit: Maidstone Hospital

☎ 01622 220241/ 220242

Open Monday – Friday, 7.30am – 6.00pm

Woodlands Ambulatory Unit: Tunbridge Wells Hospital

☎ 01892 638032/ 633346

Open 7 days a week, 7.00am - midnight

Hedgehog Ward, Inpatient Ward: Tunbridge Wells Hospital

☎ 01892 633525

Open 7 days a week, 24 hours a day

This leaflet has been produced to give you information pin-site cleaning; however, it is not a complete guide, so if you have any questions or you require further explanation please do not hesitate to ask a member of staff.

What are pin-sites?

Pin-sites are where wires or pins enter the skin when a surgeon has fitted an external fixator, either an Ilizarov frame, spatial frame or ex/ortho fix to your child's limb.

Why is pin-site care important?

It is very important to keep the frame and pin-sites clean. The frame is fitted to the outside of a limb and is held in place with pins or wires that pass through the skin into the bone. Any germs on the outside of the frame, pins or skin can cause an infection at the pin-site. In serious cases this infection can pass into the tissues under the skin and on rare occasions into the bone itself.

What are the signs of infection?

- changes in skin colour; increased redness
- swelling
- increased tenderness, pain or discomfort at the pin-site
- increased discharge or oozing around the pin site, changes in colour or smell of ooze
- the pin-site feels hotter than the surrounding skin
- high temperature of 38°C or higher

Pain relief

Your child will usually be discharged home with two pain relief medicines: paracetamol and ibuprofen. To begin with, you may find your child needs regular pain relief but as time passes, they may need pain relief less often.

Please use this space to write any notes or questions you may have.

Record of medications given at home continued:

Date/Time	Paracetamol	Ibuprofen	Other

If you have any queries please speak to:

Paediatric Orthopaedic Pain Nurse Specialist, Julie Doherty on telephone number 07894 327226 (Monday to Friday, 09:00 to 17:00).

We advise that you give your child pain relief 45 minutes to 1-hour before pin-site cleaning, which will make it more comfortable.

Sometimes your child will experience pain that does not respond to this medication so may need additional pain relief. If you are concerned that your child is in pain, please discuss with us.

Pin site cleaning:

1. Wash your hands thoroughly with soap and water.
 2. Wash a plastic tray with warm, soapy water and dry with kitchen towel. Any plastic tray, for example a plastic food container, can be used but keep it only for pin-site cleaning.
 3. Prepare the dressing on the tray. Cut the gauze squares into four and then cut a slit halfway through each one. Place on the tray and pour over the pink chlorhexidine solution over the gauze. If using non-adhesive sterile dressings instead cut as above but do not use the solution.
 4. Remove all the dressings from the pin-sites if clips present moving the clips away from the skin as you do so. If dressings are 'stuck' with ooze or blood, gently moisten them with cooled, boiled water or saline. As you remove the dressings place them into a plastic bag or bin.
 5. Wash your hands thoroughly with soap and water.
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6. Clean each pin with a sterile wipe using a circular motion, cleaning around the pin and the skin in one go. Use a new sterile wipe each time.
7. Wash your hands thoroughly with soap and water.
8. Take two dressings or pieces of gauze and squeeze out any excess chlorhexidine solution Lay the first piece of gauze around the pin and then lay the second with the slit in the opposite direction, so that the entire pin is covered.
9. Move the pin-site clip downwards to keep the dressing in place but not so far as it digs into the skin. (if using clips).

Any pins which have signs of infection should be kept covered until the rest of the pins have been cleaned. They should always be cleaned last and should be cleaned daily until healed.

How often should I clean the pins?

Pin-sites should be cleaned every day until the pins and any other wounds on the limb are dry and have stopped oozing, usually three to four days after surgery. After that, they should be cleaned at least weekly or after showers or swimming. Clean any infected pins daily as above.

When can my child shower?

Once the pin-sites have stopped oozing and any other wounds are dry, usually five to seven days after surgery, your child can have a shower. Please check with the surgeon regarding swimming.

When you are at home

We will make an appointment for you to attend a wound clinic appointment and give you telephone numbers so that there is support and advice available to you. We will discuss the details

of this with you before you go home. You can also contact your GP or practice nurse for advice

Going back to school

Please discuss with your child/young persons school so a risk assessment can be written to ensure their safety at school. If you wish you can cover the fixator with a bandage or ‘tubigrip’ when at school to keep it clean. This can be given to you in clinic.

Medication times and doses given on the ward:

Paracetamol	mg/ml.....	Time:
Ibuprofen	mg/ml.....	Time:
Oramorph	ml.....	Time:

Record of medications given at home:

Date/Time	Paracetamol	Ibuprofen	Other