

Caring for your child in a hip abduction brace

The advice in this leaflet should make parents and carers 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.

What is a hip abduction brace?

Hip abduction splints are lighter and easier to manage than a plaster cast. However, it is still important to follow the instructions you were 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 while keeping the legs in the 'frog-like position'. Don't worry if he/she manages to get his/her legs free, as the occasional release from the splint should not cause harm.

While the splint is on, you will need to change the cotton lining that you were 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:

The Paediatric Trauma & Orthopaedic Nursing Team on 0118 322 8747

CAT 5 (Clinical Administration Team) 0118 322 7415 or email rbb-tr.cat5@nhs.net

To find out more about our Trust visit www.royalberkshire.nhs.uk

Please ask if you need this information in another language or format.

RBFT Paediatric Trauma & Orthopaedic Nursing Team, April 2023

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