



PIN CARE FOR EXTERNAL FIXATION

It is important to keep the pins on your external pins clean. To keep them clean and remove crusting clean them twice a day using protocol below. If your doctor said you may shower. You still need to clean the pin sites. Use a Q-tip to clean around them. If this doesn't remove crusting use protocol below.

Supplies

- 2 clean bowls
- Hydrogen peroxide
- Saline (recipe below) or sterile water
- Q-tips or gauze

Sterile Saline Recipe

- Measure 5ml (tsp) salt and add it to 1 litre (1qt.) water
- Mix until all salt is dissolved
- Boil solution
- Cool to room temperature
- May keep in sterile jar for 48 hrs.

Cleansing Procedure

- Dip Q-tip into peroxide and gently clean pin sites
- **Rinse the peroxide off with saline/sterile water**
- If crusting is difficult to remove soften with a saline gauze

Call your doctor if you have any signs of infection: Red, swelling or pus draining from pin sites or wound.