

For any queries please contact:

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University Hospitals Birmingham
NHS Foundation Trust

Further information and a video illustrating how to look after your pin sites can be found on the trust website:

www.uhb.nhs.uk

- Choose QEHB
- Click on services
- Choose L from A-Z section

Patient information and videos can be found under Limb reconstruction.

Please use the space below to write down any questions you may have and bring this with you to your next appointment.

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The Trust provides free monthly health talks on a variety of medical conditions and treatments. For more information visit www.uhb.nhs.uk/health-talks.htm or call 0121 371 4323.

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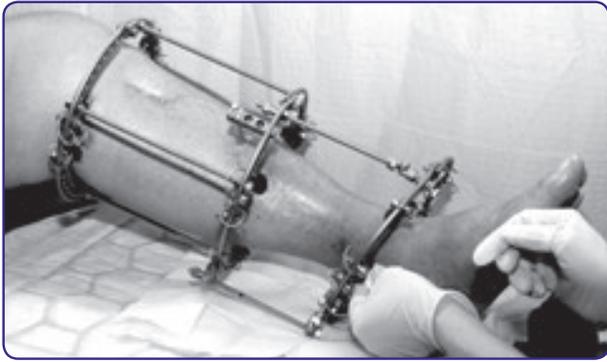
Limb Reconstruction Service

Pin Site Care Card

Building healthier lives

UHB is a no smoking Trust

To see all of our current patient information leaflets please visit www.uhb.nhs.uk/patient-information-leaflets.htm



Pin site care

Pin sites should be cleaned and the dressings changed once a week after showering. The frame and dressings should be kept clean and dry at other times and long baths are not advised as soaking the affected limb greatly increases the risk of pin site infections.

Please follow the steps below when caring for your pin sites:

1. Wash your hands thoroughly before carrying out pin site care.
2. After showering, use the shower head to spray water over the whole limb and frame and wipe the frame and limb clean and dry.
3. Pour alcoholic chlorhexidine into a small clean bowl, then using a clean piece of gauze, wipe around each pin site. Use a different piece of gauze for every pin site. Crusts on or around the pins should be removed but not any hard scabs or 'corks' that have formed below the level of the skin. The skin around the pins should be gently pushed down to release any adherence (sticking), then dried.

4. Apply a square of an absorbent foam dressing, such as Allevyn (approximately 5cm x 5cm) to each pin site. If you have to cut a large dressing into smaller pieces, ensure your scissors are cleaned in the alcoholic chlorhexidine first. Make a small slit in the dressing so that it fits around the pin site and use the bung or clip on the wire or pin to secure the dressing in place. Ensure the bungs or clips don't dig into your skin and check around the pin sites regularly to make sure there is no redness or pressure. Loosen the clips or bungs if necessary or use a double layer of Allevyn dressing to pad under the bung and prevent pressure.
5. If pin sites are weeping a lot, the dressing may need to be replaced more frequently than weekly. When the exudate (ooze) is within 2cm of the dressing border it should be changed, as illustrated below:



Signs of infection

Some discharge of clear fluid from pin sites is normal in the early stages – this is usually painless. If pin sites become painful, hot, red, begin weeping, or if you are unable to exercise or weight bear as you usually would with your

frame then this probably means you have developed a pin site infection.

If you have a confirmed pin site infection, the affected pin site should be cleaned and dressed daily with a slightly different absorbent foam dressing containing silver, such as Allevyn Ag which has anti-bacterial properties. Your GP or practice nurse should be able to supply this.

Pin site infections are usually treated with oral antibiotics and depending on your weight, we recommend the following:

- Flucloxacillin 1g four times a day
or
- Clindamycin 450mg four times a day (if you are allergic to penicillin)

Your GP can prescribe these for you, or we can give you an emergency prescription if you are due to see us in the outpatient clinic.

We do not routinely swab every pin site infection. If there is prolonged weeping or more than one infected pin site, a swab should be taken using a different swab from each affected site.

Please show this advice to your GP, district nurse, practice nurse or any other healthcare professional who is responsible for your care.

If you are prescribed antibiotics for a pin site infection please let us know at your next clinic appointment. This allows us to keep track of any pin site infections being treated or recurring problems.