Pin Care Protocol for External Fixator

- Remove gauze or Acticoat octagons, as well as the xeroform (yellow dressing around each pin site) and all bandages post-operative day #3. Re-cover incisions with sterile gauze and paper tape daily after each shower.

- You may shower on post-operative day #3 and must shower daily. You should wash the pin sites with soap and water while in the shower, you may use an antibacterial soap such as Dial to wash the pin sites and fixator.

- After showering and while the skin is still moist, use a sterile cotton tip applicator to brush off any scabs or crust surrounding the pin sites. DO NOT insert the cotton swab below the level of the skin into the pin site. You may also use a detachable shower head to “knock off” any scabs or crust that have formed around the pin sites.

- After showering, re-wrap each pin site with sterile gauze or the Acticoat octagons. You may use silk tape or the orange clips around the pin to keep the gauze/Acticoat in place. If you were provided with Acticoat octagons, the black side goes face down (makes contact with the skin) and the blue side faces outward. These dressings should be changed daily after showering.

- It is typical for the pin sites to be pink in appearance or have a slight red discoloration to the skin. It is also typical for them to drain a clear to yellow-tinged fluid on occasion. If you feel that you are developing signs or symptoms to suggest an infection (redness, warmth, tenderness, drainage that is yellow or white in appearance, fever, etc.) please contact the Florida office immediately at 561-844-5255 and ask to speak to one of the medical assistants. Please take a picture of the area of concern and email it to the medical assistants and one of the clinicians will determine if antibiotics need to be started. You may be discharged home with an antibiotic script in the event that you develop an infection. Please fill this antibiotic if you have been instructed to do so by our office. If it is after business hours, please take a picture of the area of concern and email it to the on-call person that the call service will connect you to. In the email, please provide the name of patient, date of birth, pharmacy name and number, weight, and any known allergies.

- You may swim in a clean pool and/or the ocean after 2 weeks post-op.