



External Fixator Pin Site Care

Pin sites need to be cleaned two times a day.

Cleaning Supplies You Will Need

- Cotton swabs
- Half strength peroxide
 - To make half strength peroxide, mix peroxide with the same amount of water. For example, mix 10 mL of water with 10 mL of peroxide.

Cleaning Steps

1. Wash your hands with soap and water. Scrub them for 15 seconds. Rinse them.
2. Dry your hands with a clean towel.
3. Clean around the pin site with a cotton swab. Use a new cotton swab for each pin site. If there are “crusties” on the pins, try to get them off. The nurse will show you how.

Your child can take a shower if the doctor says it is OK. Use antibacterial soap like Dial or Ivory for children with sensitive skin.

If the pin sites drain fluid, check the color.

- If the color is clear yellow, that is normal.
- If the color is white, yellow, green or cloudy, call the doctor.

Call the doctor, if your child has:

- Fever
- Increased pain
- White, green or cloudy yellow fluid from the pin sites

Contact Numbers

Orthopedics & Sports Medicine Department
317.948.2550
(Ask to talk to your child's doctor's nurse.)

After hours, on the weekends and holidays

Hospital Operator
317.944.5000
(Ask to talk with the pediatric orthopedic surgery resident on call.)