

Getting Ready for Your Child's Hip Abduction Brace After Hip Surgery

After surgery, your child will get a hip brace to protect their hips while they heal. This brace is called a Hip Abduction Brace. The word 'abduction' (ab-duck-shun) describes the position of the hips where the legs are away from the midline of the body.

The brace is made of plastic with a soft lining. There may be metal hinges and bars to allow some movement. The brace attaches to the waist, hips and either one or both thighs. Your child will need the brace for up to one year after surgery, and will only wear the brace when they are sitting.



One month before your child's surgery

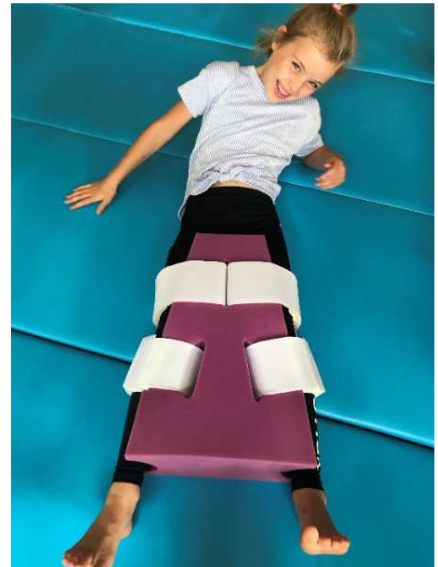
- The Prosthetics and Orthotics Department at the Ron Joyce Children's Health Centre will call you for a 30 minute Pre-op Hip Abduction appointment
- If you need to reach out to the Prosthetics and Orthotics Department prior to your appointment, please call 905-521-2100, extension 77571. The map and directions are at the end of this booklet
- Your child will see an orthotist who will measure them for the brace
- Before your child's surgery, it is important that you get a car seat or booster seat that your child will be able to fit into for when their hips are in the abduction brace after surgery

At the Prosthetics and Orthotics appointment the orthotist will:

- Show you what the brace looks like and how it works
- Measure your child for the brace
- Tell you how much it will cost and whether you can get help to pay for it
- Teach you how to put the brace on and care for it

After your child's surgery

- An orthotist will fit your child's hip brace on them
- Your child can wear thin pants, tights or shorts under the brace to make it more comfortable and to protect their skin
- Your child will wear the brace when they are sitting during the day
- Your child may need to wear this brace for up to one year after the surgery
- Your child will need to wear a foam abduction wedge between their legs when they are sleeping, for up to 12 hours. The nurse or physiotherapist will give you the wedge at the hospital
- Your child's orthopedic doctor will decide when your child can go home



**If you have any questions about your child's hip brace after they get it, please call
905-521-2607
and ask to speak to the orthotist who put the brace on your child.**

How can my child travel safely in a car?

- If you were unable to get a car seat that your child can fit into, you will need to find a safe way to take your child home. Let your nurse know if you would like to find out about other transportation

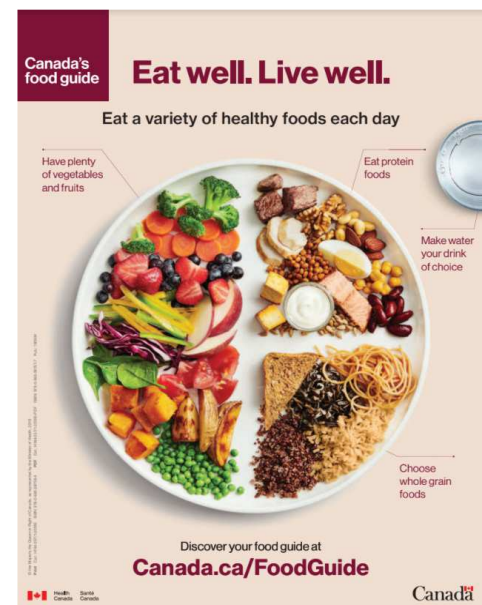
How do I care for my child?

- The straps on the brace need to be tight enough so that you can fit one finger between the brace and your child's skin. This tightness will keep your child's hip in the right position
- Check your child's skin to see if it is red each time you take off the brace. There may be some redness at first, but if the skin is red for more than 30 minutes, call your orthotist
- The brace should be cleaned once a week, and each time it gets dirty



Healthy Eating

- To help your child's hips heal quickly, give them lots of different, healthy foods to eat. To learn about healthy eating, go to Canada's Food Guide – Healthy eating for parents and children at <https://food-guide.canada.ca/en/tips-for-healthy-eating/parents-and-children/>
- Some children may become constipated because they are not as active with the brace on. If this happens, talk to your family doctor



How will the brace limit my child?

- Your child will need some time to get used to the brace as it will limit their movement
- Your child's orthopedic doctor will let you know when your child can stand up, and when a physiotherapist can do exercises with your child

How can I talk to the orthopedic doctor?

- During the day, call the doctor's office
- In the evening, call 905-521-5030 and ask to speak to the orthopedic surgeon on-call, or go to the Emergency Department at McMaster Children's Hospital

Map and directions to the Ron Joyce Children's Health Centre

