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## **PATIENT INSTRUCTIONS FOR WEARING AND CARING FOR YOUR HIP ABDUCTION ORTHOSIS (HO)**

### **General Information**

Your custom fit Hip Abduction Orthosis (HO) will help correct and maintain the proper alignment and position of your hip and leg after surgery or recurrent dislocation. Lower Extremity alignment is vital for healing a fracture, strengthening musculature after dislocation and balancing/distributing your body weight. Your HO will help stabilize your hip and prevent positions that could allow another dislocation or deter healing. You may experience slight discomfort as you adjust to the new orthosis and the alignment position. The adjustment period normally ranges from one to six weeks.

The following wearing and care guidelines will help you be as comfortable as possible during this time.

### **Wearing Guidelines:**

#### **WearTime**

Unless otherwise instructed by your orthotist or physician, your brace needs to be worn whenever out of bed and sometimes may be needed 24 hours per day. Consult with your physician about removing the brace for sleeping and bathing. Soon you will be comfortable wearing your HO all day. You will achieve the greatest long-term benefits when you consistently wear your orthosis every day.

#### **Pain**

Remove your HO with assistance to check your skin if you experience any pain or discomfort. Check for areas of irritation. Some pinkness is expected in areas of maximum correction or support. However, redness should disappear within 20 minutes after the orthosis is removed. Try wearing the orthosis again after waiting for one or two hours. If you feel sharp, or jabbing pressure over bony areas, or if skin redness lasts longer than 20 minutes, make an appointment with your orthotist at Seacoast Prosthetics for an adjustment as soon as possible.

#### **Skin Care**

Wash your legs, hips, and torso consistently with mild soap and warm water. Rinse your skin well with clean water. Towel dry your skin thoroughly. Rubbing alcohol may be used against the skin to clean.

Wearing your clothes under your HO may help reduce friction and keep your skin dry.

#### **Care**

Your new orthosis is made from state-of-the-art materials. With typical use and proper care, your new HO should last throughout your treatment. Clean your HO whenever it becomes dirty or has an unpleasant odor. Liners can be removed and hand washed in the sink with a mild soap and water. Be sure to rinse well to eliminate unwanted soap residue. Wipe plastic with rubbing alcohol on a cloth or you can use water and mild soap. Do not soak it in water. Allow the HO to dry at room temperature. Direct heat can damage your HO. Do not use a hair dryer or place it near a heater.

#### **Remember...**

Avoid bending over to tie shoes or pick items off the floor. Do not sit in low chairs or cross your legs. These positions will compromise your hip stability.

Never attempt to repair or adjust your HO yourself. Your orthotist will schedule periodic visits to make sure your HO is working properly. Contact Seacoast Prosthetics whenever you need help or have any questions. Your practitioner will work closely with you and your physician to ensure the best orthotic treatment possible.