
Discharge Instructions: Pin Care

You are going home with pins in your body. These pins are holding a broken or dislocated bone in place. Here's what you need to know about home care.

You have a broken or dislocated _____ bone.

This bone is in your _____. You have _____ pins in your body.

The pins are in these places: _____.

General guidelines

- Clean the skin around the pins as often as instructed by your doctor.
- Don't use creams, lotions, or antiseptics unless your doctor says it's OK.

Prepare your supplies

- Set up these supplies on a clean, dry surface:
 - Gauze pads or cotton swabs.
 - Sterile solution. This might be regular saline or a mixture of saline and hydrogen peroxide. Your doctor will tell you more.
- Peel open the gauze package or set aside some cotton swabs.
- Pour the solution into a bowl. Pour enough to cover the bottom of a small salad or soup bowl.

Clean your pins

- Wash your hands with soap and water for at least 15 seconds before cleaning your pins.
- Dip the gauze pads or cotton swabs in the bowl of solution.
- Squeeze extra solution from the gauze and open the pad.
- Clean around each pin site using the soaked gauze pad or cotton swab. Gently press down on the skin, while wiping around and away from each pin.
- Remove any crust at the pin site. Use a new gauze pad or cotton swab each time you wipe.
- Use a new gauze pad or cotton swab to clean each pin site.
- Throw away used gauze pads and cotton swabs into a waterproof waste bag.
- Wash your hands after you have finished cleaning your pins.

When to call your healthcare provider

Call your healthcare provider right away if you have any of these:

- Fever of 100.4°F (38°C) or higher, or as advised
- Shaking chills
- Redness, swelling, or pain at the pin sites
- Green or yellow fluid or bad smell from the pin sites
- Pins that move or shift, or clicking noises from the pins
- Open skin around the pin sites
- Tingling or numbness in the injured limb
- Increased pain or motion at the fracture site