

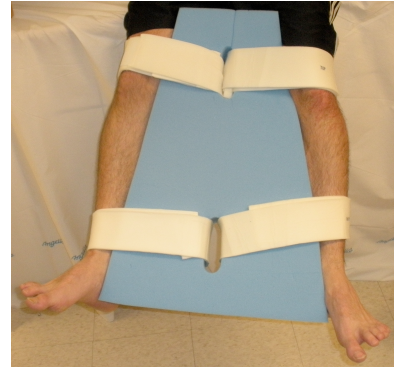


Family Education Sheet



Home Care Instructions for Patients with an Abduction Wedge

An abduction wedge is a piece of equipment used after your child has had muscle or tendon surgery. It is used to give the muscle a prolonged stretch and to hold the hips in the best position for healing.



Before your child goes home from the hospital you should:

- Know how to safely put on and remove your child's abduction wedge.
- Check your child's skin to make sure that his/her wedge fits well.
- Review your child's restrictions with your nurse. You should know how much weight your child can bear (stand), how much your child can move his/her legs (range of motion), and how active your child can be.
- Ask your nurse any questions you have about the abduction wedge.

When your child is home from the hospital you should:

- Remove your child's abduction wedge every 4 hours for skin checks and sponge baths or showers. Once the skin is checked, the wedge should be put back on.
- Your child's abduction wedge should be worn at all other times, including turning, transfers (such as moves from bed to chair), and toileting (unless you are told differently).

Call your doctor or nurse if:

- Your child has any new skin issues. Measure the affected area and describe the tissue when you call.
- The abduction wedge causes your child pain or serious discomfort.
- The abduction wedge is broken or soiled.
- You have any questions or concerns.

Numbers to Call

- **Monday-Friday 8:30am-4:00pm:** Call the Orthopedic Clinic at 617-355-6021.
- **Weekdays after 5:00 pm, weekends and holidays:** Call the hospital page operator at 617-355-6369 and ask to speak with the orthopedic resident on-call.

A [*Spanish*](#) version of this is available from your provider

Send comments or questions to: Familyed@childrens.harvard.edu
