



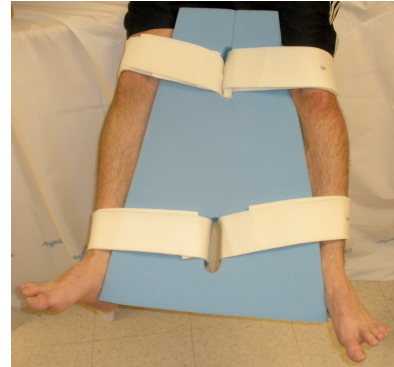
# Family Education Sheet



## 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](mailto:Familyed@childrens.harvard.edu)

---