

If you require a special edition of this leaflet

This leaflet is available in large print. Arrangements can also be made on request for it to be explained in your preferred language. Please contact the Patient Advice and Liaison Service (PALS) email: rjah.pals.office@nhs.net

Feedback

Tell us what you think of our patient information leaflet. Please send your comments to the Patient Advice and Liaison Service (PALS) email: rjah.pals.office@nhs.net

Please note that any device supplied by the Orthotics Department is property of the Robert Jones and Agnes Hunt Orthopaedic Hospital NHS Foundation Trust and should be returned to the department upon the end of its use unless advised otherwise. Do not dispose of any devices until they have been inspected by a member of the Orthotics team, or unless you have been informed to do so by a member of the team. In the event of loss or damage beyond expected wear, you may be asked to pay a replacement fee.

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design by Medical Illustration

Information for patients Hip Abduction Braces



Hip Abduction Braces

Hip Abduction braces are usually prescribed following hip dislocation. The hip brace works by preventing excessive hip flexion (bend) and holds your hip in a position away from your body (abduction). In this position your hip is least likely to re-dislocate. It is imperative that you hold your leg in this position away from your body otherwise the hip brace will twist and feel uncomfortable. The brace acts as a reminder and the mechanism can be overridden if you are not careful.

Wearing your hip brace

You should wear your hip brace as directed by your Consultant, generally the hip brace needs to be worn at all times. If you are allowed to remove the brace, it is advised that the hip brace is put on before you get out of bed to prevent any dislocation whilst getting out of bed. It is advisable to wear underwear over the top of the lower section of the brace so that the brace remains in place when using the toilet.

Caution!

There may be some red marking of the skin when you remove the brace, this is normal and the marks should disappear within half an hour. It is important that you check your skin regularly, especially if you have altered sensation.

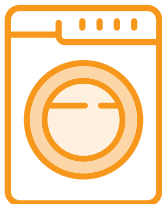
If you experience any of the following whilst wearing your brace please contact the Orthotic Department as soon as possible:

- Swelling
- Persistent discomfort/pressure
- Skin breakdown
- Loss of sensation
- Fitting

There are various types of hip abduction braces. Generally, you need to place the hip belt in position and fasten securely, then moving down to the thigh section fastening securely as shown by your Orthotist. The hip belt should be worn low on the pelvis and pulled down if it rides up.

Washing

The fabric part of your hip brace may be removed for washing purposes. This should be hand washed in warm water with a mild non-biological detergent and then air dried.



DO NOT place in the tumble drier

What Happens Next?

Once your Consultant is happy for you to stop wearing your hip brace, this can be discarded. You do not need to return your brace to the hospital.

We provide the clinical service for orthotics at The Robert Jones and Agnes Hunt Orthopaedic Hospital, Oswestry, The Royal Shrewsbury Hospital and The Princess Royal Hospital, Telford. Please find the relevant contact details below.

Please only contact the department where you are due to have an appointment or have already been seen, other sites will not be able to deal with your enquiry and you will be asked to ring the appropriate hospital.

The Robert Jones and Agnes Hunt Orthopaedic Hospital/Tel: 01691 404442

Below are the opening times for the department for dropping off/collecting footwear and appliances.

RECEPTION OPENING TIMES

Monday – Thursday, 8.15am – 5pm

Friday, 8.15am – 4.45pm

GENERAL ENQUIRIES

Monday – Thursday, 8.45am – 5pm

Friday, 8.45am – 4pm

The Royal Shrewsbury Hospital / Tel: 01743 261000 Ext: 3701

Monday – Thursday, 9am – 4pm

Friday, 8.30am – 3pm

The Princess Royal Hospital / Tel: 01952 641222 Ext: 4224

Monday – Thursday, 9am – 4pm

Friday, 9am – 12.30pm

ALL SITES ARE CLOSED FOR LUNCH 12.30PM – 1.15PM

Please note we are only able to offer appointments at the site you have been referred to by your consultant/G.P. even if this isn't the most local to your home address.