



# Wearing a Hip Brace

## What is a hip brace?

A hip brace is often used after a hip operation to stop unwanted movements and prevent dislocation or other problems.

## Wearing a hip brace

The hospital staff prescribing the brace will decide when and for how long you need to wear the brace for. The amount of time will vary from patient to patient.

## Putting your brace on and off

You may need help to put the brace on and off when you first start using the brace.

Fastenings to put on and take off:

1. Use the two buckles on the thigh section
2. Use the single buckle on the waist section

Do not undo the Velcro fastenings as they will be set at the correct position.

## Skin Care

The brace should be removed at least once a day to check your skin. If the hip brace causes sores or if you have any other problems please contact the Orthotics Department.

## Before you leave hospital

Before you leave the hospital please make sure you are comfortable with putting the brace on and taking it off. If you have any problems then please ask staff to assist.

## Cleaning your brace

The lining can be removed and washed on low temperature delicates and air dried. The plastic part of the splint can be wiped by using a damp cloth.

## Responsibilities

It is our responsibility to ensure you receive the best possible care regardless of age, gender, sex or ethnicity and in an environment that is

safe and clean.

Please ensure that you:

- Inform us of any changes to your personal circumstances ie. change of address, contact number.
- Attend for appointments on time.
- If you are unable to attend or do not require your appointment it is important that you inform us as soon as possible so the appointment time can be offered to another patient. To cancel your appointment please contact 0121 685 4123.
- Please note that if you do not attend your appointment or any subsequent review, without informing the department, then the hospital policy is to refer you back to your GP.

## Patient Advice and Liaison Service (PALS)

The Patient Advice and Liaison Service (PALS) is a confidential service provided for patients, their carers and relatives to deal with any concerns that may arise. The PALS Team may be contacted Monday to Friday 8.30 am to 4.30 pm on: 0121 685 4128. Alternatively you may email PALS at [pals@roh.nhs.uk](mailto:pals@roh.nhs.uk).

## Dignity and Respect

It is expected that staff, patients and visitors will treat each other with dignity and respect. The hospital operates a zero tolerance policy towards acts of physical or verbal aggression and action, including prosecution where appropriate, will be taken if such behaviour is displayed.

## Confidentiality

The Trust is committed to keeping your information safe and secure, and to protecting your confidentiality. For more information



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about how we do this please read the Trust's leaflet: "Ensuring Information Confidentiality". This is available in waiting areas, on the Trust website or can be requested through the Communications team on 0121 685 4379.

### **Contact Information**

Orthotics Department	0121 685 4123
Transport	0121 685 4155
PALS	0121 685 4128