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Hip Orthosis Wear-In Instructions

You have been fit with a Hip Orthosis. Unless otherwise instructed, please use a gradual wear-in schedule to allow your body to get used to the device. Start with an hour today. Increase the wear time by an hour each day as tolerated. Following use, remove your orthosis and inspect your skin. There may be some skin redness from pressure areas. Redness should not persist for more than 15 minutes after removal. Discontinue use also if any sign of numbness, tingling, color change, excessive itching, swelling, or pain develops. Please contact our office for adjustments and do not reapply orthosis. Failure to do so could lead to blisters or open sores.

The orthosis is designed to support your hip and limit the motion of your leg to prevent injury. You should wear the orthosis 24 hours each day unless otherwise instructed by your doctor. Washing of the orthosis should be done only with your doctor's authorization. If it is approved, your hip must be immobilized during the procedure. Remove the Orthosis. Your orthosis or lining can be cleaned with a washcloth and mild soapy water. Make certain all soap is removed and the orthosis is completely dry before reapplying. Make certain the orthosis is reapplied properly, with all the straps snugly secured.

Make sure that you are comfortable with how to properly put on and take off your orthosis. Never attempt to modify your orthosis yourself.

Please inspect your orthosis daily for any signs of wear including: cracking, loose parts, or decreased effectiveness of the device and call our office as needed. A yearly check up is recommended.

These instructions have been explained to me and I have been given a written copy of them to take home.

Patient Signature: _____ Date: _____

Please contact us if you have any questions

UNC Hospital Office: 919-966-4630

UNCH Prosthetics/Timberhill Pl. Office: 919-945-0215