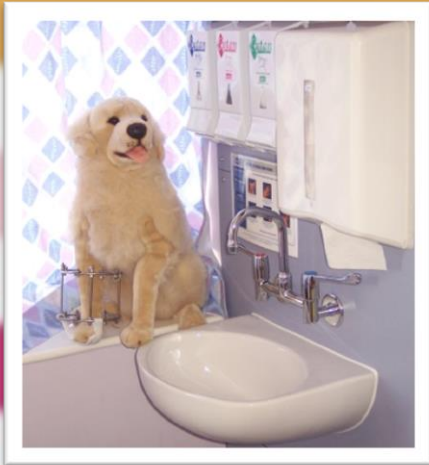
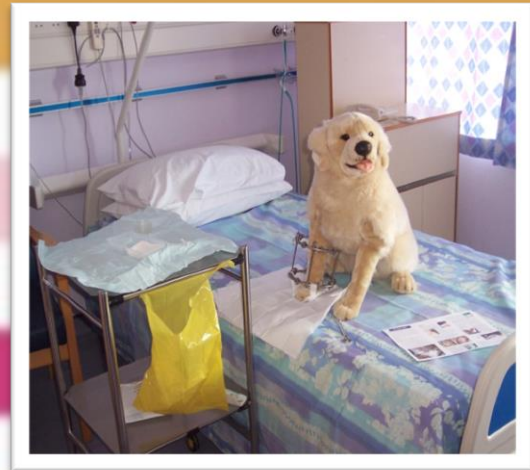


## Cleaning my pin sites by Ringo – Don't forget...please clean them every week!



First let's wash our hands with soap and water. Don't forget to ask an adult to test the water temperature



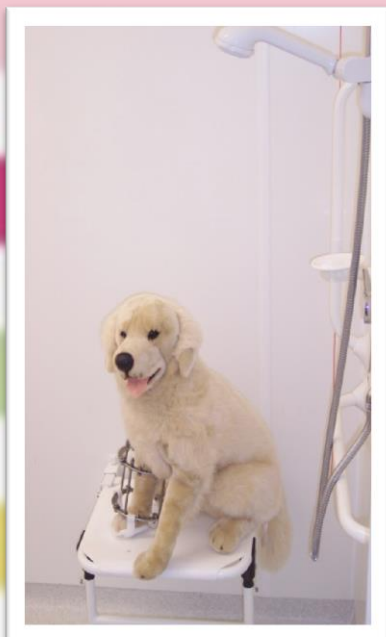
Next, let's prepare our dressings on a clean surface. Don't forget to put a clean towel under your fixator to catch any drips of water



Now we clean all the pin sites, one at a time. Don't forget you must use a clean bud / sponge on every pin site



Now we can cut out our dressings and place them over our pin sites. Don't forget to ask an adult to help you with the scissors.



Don't forget, when your wounds have healed you can take a shower instead to clean your pin sites.

Lastly.....

Don't forget to do your exercises.....