

Dr. Jamieson's Pin Site Care Instructions

You have a k-wire or metal pin holding the bones in your foot/toe together. Your foot will be in a dressing similar to this, but with your pin covered up.



Self-Care at Home

- Keep your leg elevated above the level of your heart as much as possible for the first 2 weeks in order to prevent swelling.
- You are allowed to bear weight in a stiff post-operative shoe through your **heel** only. Do NOT put weight through your toes or the ball of your foot.
- Keep your surgical dressing clean and dry until your first post-operative visit. If it gets dirty or wet call Dr. Jamieson's office immediately so she can place a new one.
- Your stitches will be removed at your 2-week post-operative visit, but your pins will remain in place for approximately 4-6 weeks.
- You can start showering, but do NOT soak in a tub or any water. Let soap and water run over your foot and then dry your foot and pins well with a clean towel.
- To care for your pin/s, keep it clean and protected by keeping a clean dressing over it, securing it with tape, and wearing your stiff post-operative shoe. Dr. Jamieson will show you how to do this in clinic.
- If your pin pulls out of your toe/foot or falls out, do NOT push it back. Leave it out and call Dr. Jamieson's office.
- Call Dr. Jamieson's office if you have any of these signs of infection:
 - Redness or drainage around your pin or incision
 - Increased pain around your pin
 - Foul smell from your foot
 - Fever or chills
 - Loose pin that is able to twist or spin
- After your pins are pulled keep the pin site clean and dry until the hole closes up, typically 2-3 days.