

Anterior Shell Instruction Sheet

What is an anterior shell?

This shell is a molded plastic form used to support your child after hip surgery. It is used to help your child heal. It limits how much your child's hips can bend after surgery. It is ordered by your child's doctor. An occupational therapist (OT) makes it to fit only your child.

When should my child wear the shell?

- **Over cast material.** This shell should be worn only at night when your child is sleeping. The surgeon will tell you when your child can stop wearing this shell.
- **Over bare legs.** Your child should wear the shell all the time. It can be taken off for 30-minute periods for:
 - riding in a car or bus
 - bathing or toileting
 - eating meals

Any special directions will be given by your therapist or doctor.

How is it used?

Putting it on. Have your child go to the bathroom before putting on the shell.

- Have your child lay on their back.
- Position your child's legs to form a **^** shape. Their legs should be apart, hips in the middle and trunk in midline.
- Line up the top of the shell at your child's nipple line on their chest and over the bottom of hips/thighs.

Close the Velcro[®] strap under the thighs first, and then close straps under your child's back.

Note: Check your child's skin when bathing. Call the OT department (414 266-2858) if there are any red marks on the skin that last longer than 20 minutes after removing the shell.

How do I clean the shell?

When the shell is off, clean it with lukewarm water and a mild soap. **Do not use hot water** as it can change the shape of the shell. You can also use rubbing alcohol on a soft cloth to wipe off the shell, inside and out.

ALERT: Call your child's therapist, doctor, or nurse if you have any questions or concerns or if your child has special health care needs that were not covered by this information.

This teaching sheet is meant to help you care for your child. It does not take the place of medical care. Talk with your healthcare provider for diagnosis, treatment, and follow-up.