



ORTHOKIDS

Children's Bracing and Orthotic Specialists

Denis Browne Bar (DBB)

Treatment for Hip Dysplasia



Your doctor has prescribed the Denis Browne Hip Abduction Brace (DBB) for treatment of your baby's Hip Dysplasia.

Follow these instructions carefully to achieve the best possible treatment outcome.

If you have any concerns regarding the fit or function of the DBB, please call our office.

'Melbourne's most experienced Paediatric Orthotists'

Main Consulting Rooms: 18 Stirling Crescent, Surrey Hills. VIC. 3127

Also consulting at: 219 Abbotsford St North Melbourne (close to RCH)

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Your Baby's DBB should be worn

- 24 hours a day and is not to be removed
- At all times and is only to be removed for bathing
- Whilst your baby is sleeping, during the day or night

The brace is designed to maintain the legs in a 'frog leg' position.

This ensures that the 'ball' part of the hip joint is held into the 'cup' part, encouraging growth in the correct areas.



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To put the brace on correctly, follow these steps:

1. Place socks on thighs

Always wear a sock under the thigh cuff, this prevents rubbing and makes the brace more comfortable for your baby. You will be provided with socks to get you started. See note below about alternative sock options



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2. Ensure brace is correct way up (smiley face towards you)



3. With your baby on their back, lift bottom up and place the bar underneath.

Your baby will fit in the middle of the brace and you will notice the bar follows the contour of the nappy and bottom. The plastic and foam thigh cuffs 'self-locate', so all you have to do is secure them firmly. You can be confident that the cuffs are in the correct position.



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4. Secure thigh cuffs firmly to reduce rubbing



It is important to secure the cuffs around your babies' thighs firmly, this ensures that the brace moves with your baby when they move, and reduces any rubbing.

5. Fold socks over cuffs



Ensure you leave adequate length to fold the sock over the thigh cuff to improve comfort.

It is almost impossible to put this brace on incorrectly, so if you have followed these steps accurately, you can be confident that the brace is in the correct position.

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Feeding your baby

It is important for you and your baby to be comfortable whilst feeding. The DBB will maintain the correct position of the hips in most positions for feeding.

- Sit your baby on your hips with one leg on either side of you.
- Some people suggest the 'football hold' for feeding.
- Feeding often comes down to trial and error.

If you are having trouble with feeding, please contact your Maternal Child and Health Nurse

Clothes to wear with the DBB

Most people find that upsizing a little solves most clothing issues.

Avoid tight clothing. Pants or bodysuits with bottom press studs are ideal – Bonds Roomies seem to work well because of the width of the crutch. In summer, nighties and dresses are ideal.

Alternative sock options

The socks we have provided at the initial fitting unfortunately don't last through more than a couple of washes. Here a few ideas that have worked over the years. These options tend to be more comfortable for your baby, and you can choose a colour that you like.

'Baby Legs' – leggings for babies available online or at baby stores

Socks from Coles / Woolies / Kmart / Target - cut off toe end to create a tubular sock.

Approx size guideline

Baby 0-3 months = Child sock 5-8 year old

Baby 3-6 months = Child sock 8-12 year old.

6months + = Teenager / adult sock

Little girls tights cut into length also work well.

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Frequently Asked Questions

How do I change a nappy?

Whilst on the change table, pull the bar gently towards you. This will give you more space to change the nappy. You can now slide a clean nappy in, remove the dirty nappy and secure the clean nappy. After a week or so, a lot of parents tell us that it is actually easier to change the nappy with the brace on as it holds your baby's legs out of the way. An alternative is to roll your baby onto their tummy and change the nappy using the same technique described above.



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Why are my baby's thighs changing shape?

You can expect to see significant indentations on the thighs of your baby from the plastic cuffs. This often results in the appearance of a 'muffin top' above the top of the cuff. This is normal and will disappear once treatment is complete.



What can my baby do in the brace?

Depending on the age and level of development of your baby, tummy time, rolling, sitting etc are all encouraged. Obviously, all babies are different and may achieve these milestones within different time frames.

The important thing to remember is:

There are no restrictions on what your baby can do whilst in the brace.

Does the bar hurt my baby?

No. The bar is shaped to the contour of the nappy and legs. It is designed to rotate as your baby kicks their legs. Sometimes it will sit at the top of the nappy/ base of spine; other times it will sit towards the bottom of the nappy.

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How do I clean the brace?

If the brace cannot be removed from the baby, a damp cloth with mild soap can be used to clean the bar and cuffs

If the brace can be removed from the baby, clean the cuffs with mild soap. Rinse with water and dry well.

Why is my baby upset?

Your baby may be upset at first and it is not uncommon to have a couple of sleepless nights, but this should reduce within 3-4 days. We believe the grumpiness is related to the restriction of movement and the inability to rest in a 'comfortable' position. If your baby is still upset constantly after 3-4 days, please contact our office.

Review Appointments

Your baby will need to be reviewed regularly whilst wearing the brace.

Review times will vary with age and diagnosis. Your Orthotist will indicate when you should be reviewed. If possible, make a review appointment on the day of your visit to our rooms. Otherwise, please call our office on 98364480 to make follow up appointments.

The cost of the brace covers all reviews for that individual brace. We will attempt to extend the life of the brace to ensure you get maximum use out of the brace.

If the function of the brace is compromised, or your baby is uncomfortable, because they have grown significantly, a new brace will be fitted at additional cost.

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Hints and Tips....

Sleeping

Some babies are more comfortable with a rolled up towel under their legs (below the knee). This supports their legs and prevents the legs from dangling above the mattress. This can be helpful whilst travelling in the car for extended periods as well.

Skin problems

The most common spot for rubbing is behind the knees – Nappy Goo (RCH product available from your pharmacy) is the best product to treat this. Alternatively, use the nappy rash cream you have for your baby.

Skin problems are more common in babies prone to eczema – use cream as directed

We tend to see more skin rashes in spring and summer.



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Car seats and capsules

Your baby should still fit in the existing car seat or capsule. This will depend on the style of your car seat / capsule.

If the seat / capsule is very deep with high sides, sometimes a rolled up towel under your baby's bottom will make them a little more comfortable. Individual advice regarding this can only be given at your appointment (so we can see your seat / capsule). It is most important that your baby remains safe whilst travelling in your vehicle.

Comfort and Function Guarantee

We guarantee our braces will be comfortable to wear, whilst performing the intended clinical function.

We pride ourselves on being able to design, manufacture and fit the most comfortable, but clinically effective braces in Melbourne.

Our reputation for achieving excellent outcomes for our patients is well known within the medical, allied health and general community.

Fitting a brace is often a fine balance between comfort and function.

We are committed to achieving this balance.

The cost of your treatment includes all review appointments required for the life of each brace.

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