Looking after your baby with a Pavlik harness

Information for Parents & Carers

Paediatric Orthopaedic services

This document can be provided in different languages and formats. For more information please contact:

Paediatric Orthopaedic Department
C/o Children’s Outpatients East
Nottingham Children’s Hospital
QMC campus
Tel: 0115 924 9924 ext. 68426 / 61210
Orthopaedic Nurse Specialists Bleep 784 1462 / 780 8204

This leaflet is aimed at parents & carers with a child receiving treatment in a Pavlik harness for DDH (Developmental Dysplasia of Hips)

This leaflet aims to tell you how to care for your child while they are being treated in the Pavlik harness.

Looking after your baby with a Pavlik harness

Your Baby has been diagnosed with Developmental Dysplasia Hips (DDH). This means the baby's hips may be dislocated or not developing normally.
The Pavlik harness holds the hips in the correct position to encourage them to develop normally.

- Your baby must stay in the harness all the time and it must only be adjusted by the nurses or doctors in the outpatients department.
- The harness weighs approximately 5oz /0.142kg.
- The harness is worn next to the skin. Nappies should be worn under the harness and clothes put on over the harness. Socks may be worn over the harness to keep your baby's feet comfortable. Do not dress your baby in trousers, tights or popper vests as this will put pressure on the straps holding the hips in position. It may be necessary for your baby to wear larger size nappies, vest and clothes.
- The harness is not waterproof, therefore your baby cannot be bathed but should be carefully washed and avoid getting the harness wet. Care should be taken to make sure
that the skin behind the knees, in the groin, around the neck and under the arms does not get sore. These areas should be washed and dried well.

- If the harness becomes soiled you can gently sponge it down with soapy water and let it dry naturally.
- If the harness seems too tight, please contact the nurses in the Children’s outpatients department 0115 9249924 ext 68426/61210. Arrangements will be made to adjust or change the harness as necessary.
- You are advised to place your baby on his/her back as much as possible to encourage the hips to abduct.
- You may use a car seat for travelling but must take your baby out as soon as you have reached your destination.
- If problems occur over the weekend or when Children’s Outpatients is closed you are advised to telephone ward D34 on 0115 9249924 ext.69034 and speak to a nurse / doctor.
- Please show this information to your Health Visitor, GP and nurses at the Child Health Clinic when you visit.

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Feedback

We appreciate and encourage feedback. If you need advice or are concerned about any aspect of care or treatment please speak to a member of staff or contact the Patient Advice and Liaison Service (PALS):

**Freephone (QMC Campus):** 0800 183 0204
**From a mobile or abroad:** 0115 924 9924 ext 65412 or 62301
**E-mail:** pals@nuh.nhs.uk
**Letter:** NUH NHS Trust, c/o PALS, Freepost NEA 14614, Nottingham NG7 1BR

[www.nuh.nhs.uk](http://www.nuh.nhs.uk)

If you require a full list of references for this leaflet please email patientinformation@nuh.nhs.uk or phone 0115 924 9924 ext. 67184.

The Trust endeavours to ensure that the information given here is accurate and impartial.

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