



## THINGS TO REMEMBER ABOUT DF2<sup>®</sup>

1

### ▶ DO NOT REMOVE THE DF2 AT HOME

To ensure proper healing, it is important that you do not remove the DF2 at home unless otherwise directed by your attending doctor.

2

### ▶ LIMIT YOUR CHILD'S ACTIVITIES

If your child is mobile, you will want to limit any activities that are weight bearing, like standing or walking, while they are still wearing the DF2.

3

### ▶ USE SOFT SURFACES FOR DIAPERING

To avoid discomfort for your child, use a soft surface to change diapers. This allows you to push into the surface, rather pulling up on the child.

4

### ▶ PREVENT FALLS WITH SUPERVISION

Supervise your child when they are seated on a elevated surface, such as a couch or a bed, to prevent falling.

5

### ▶ USE A WAGON OR STROLLER

A wagon or stroller is an easy and comfortable way to move your child from place to place. Many families use them inside their home as well.

6

### ▶ MAKE SLEEP ACCOMODATIONS

It is best to place your child on their back with a soft support (such as a towel, blanket or pillow) under the calf section which will suspend the heel in the air reducing the chances of a heel sore.

7

### ▶ PUT PANTS ON UNINJURED LEG FIRST

To avoid discomfort or pain while putting clothing on, make sure to put the pant leg on the **uninjured** leg first. This avoids extra movement and pressure on the injured leg.



FOR MORE CARE INFORMATION PLEASE REFER TO THE DF2 PARENT FAQ  
VISIT [WWW.OPSB.COM](http://WWW.OPSB.COM)

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