

# Pavlik Harness

## A Guide for Caregivers



### How do I care for the Pavlik Harness?

- Do not remove the harness unless your doctor tells you to do so.
- Make sure your baby is kicking both legs. If they are not, call the doctor.
- Diapers can be changed without disturbing (removing) the harness.
- Check your child's skin (2-3 times a day) around the edges and under the straps to make sure they are not causing redness or irritation.
- The only strap that can be opened is the chest strap.
  - Make sure you can fit 3 fingers comfortably under the chest strap at all times.

### What type of clothing should my child wear with the Pavlik Harness?

Clothing that works best with the harness include:

- Sweatshirts
- Loose elastic bottom pajamas (Layette gown)
- Dresses for girls

### What is the best position for my baby?

You may place your baby in any position.

### How do I transport my child in the car?

Place your child in a car seat at all times.

### When do I follow-up with the doctor?

While your child is wearing their harness, it is very important that your doctor sees your child at their scheduled appointments. After your first brace fitting, the care team will call you in 1-2 days to see how you and your child are doing.

### Who do I call if I have any questions or concerns?

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| <b>The Jackie and Gene Autry Orthopedic Center</b>  | (323) 361-5050  |
| <b>During business hours</b> <ul style="list-style-type: none"><li>• Monday – Friday</li><li>• 8:00 a.m. – 12:00 p.m. and 1:00 p.m. – 4:30 p.m.</li></ul> | (323) 361-5050  |
| <b>After business hours, weekends &amp; holidays</b>  | Call (323) 660-2450 <ul style="list-style-type: none"><li>• Dial "0" for the Operator, ask for the Orthopedic doctor on-call</li><li>• If after the clinic closes, on weekends and holidays</li></ul> |

### The Jackie and Gene Autry Orthopedic Center

4650 Sunset Blvd., Los Angeles, CA 90027 | CHLA.org

Approved by PFE 08/25/22

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