EVERYDAY

1. Turn the device in the morning.
   (as instructed by your doctor)
2. Check pins to see if they are loose.
3. Check pin sites for signs of infection.
   (redness, discharge, swelling)
5. Apply Vaseline (petroleum jelly) if dry.
   (as instructed by your doctor)
7. Turn device in the evening.
   (as instructed by your doctor)

TURNING THE DISTRACTION DEVICE

1. Start at the same screw each time.
2. Place the purple screwdriver over the screw with the flat surface of the handle facing up.
3. Turn the screwdriver clockwise (to the right, in the direction of the arrow), one complete turn. You will know when the turn is completed when the flat part of the handle is on the top again. Remember “Right is right” or “Do the right thing.” Turning the screwdriver to the right is correct.
4. Complete one full turn on both screws.
   Slide the screwdriver out.

Keep track of when you turn the distraction device on the calendar below