

## **Reminders to Patients that have Buck's Traction**

1. Must not apply tractions onto patients that have dermatitis, open wounds, or dropsy in the lower part of limbs.
2. Must remove tractions 3 times a day in order to cleanse skin, especially hips, back, and compressed part on heels, as well as to observe if there are any bubbles, scratches, or hysies.

3. Except for having nutritious balanced diets, especially those that contain high proteins and high vitamins. Patients must drink water for above 3,000 cc a day and drink 1-2 glasses of milk per day as appropriate amount.
  
4. Make adjustment to sleeping position may increase appetite and prevent pneumonia from occurring, as well as may engage taking exercises for legs (meaning not to move joints but to take the type of exercises that only make muscles contracted).
  
5. Observing at All Times:
  - (1) If elastic bandage is loosened.

(2) If lead rope is slipped out of rolling wheel.

(3) If lead rope is attached with other objects.

(4) If weighting lead is too far from ground and rolling wheel.

6. If there is any itchy, burned, or numb feeling, should notify medical attendants immediately.

7. In the middle of traction, both feet should stay away from bed end, or traction will not bring any results.