

Fracture or Post-Operative Brace Wearing Instructions

Wearing Schedule

According to your physician, you may remove the brace for the following activities **ONLY**:

- DO NOT removed the brace until you see your physician again.
 - Remove when in bed.
 - Remove for bathing.
 - Remove when seated.
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- ✓ Follow the wearing instructions outlined above.
 - ✓ A properly fitting brace should not cause any sharp, stabbing pain or create bruises.
 - ✓ Should any of these conditions occur, contact us to schedule an appointment to adjust the fit of the brace.
 - ✓ If you experience a significant change in your body size (significant decrease in swelling), your brace will likely require and adjustment. Contact us and schedule an appointment if the brace is fitting loosely.

Hygiene

It is important to keep both your brace and yourself as clean as possible.

- ✓ Once you are allowed to remove the device, any skin covered by the brace should be washed daily.
- ✓ Be sure to rinse the soap well, as dried soap left on the skin may irritate the skin.
- ✓ The skin should be completely dry before putting your brace back on.
- ✓ Once you are allowed to remove the device, your brace should be cleaned regularly with rubbing alcohol or a baby wipe.
- ✓ Do not clean the brace with something that you would not clean your skin with, as this will irritate the skin.
- ✓ The brace should be completely dry before putting back on.

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If you have ANY problems with your brace, please call us.