

Cleaning te Brace

Since the brace can make you sweat, it's important to clean the inside of the brace every couple days. Rubbing alcohol is a good option to disinfect and it also evaporates quickly.

Skin care

- ◇ A snug shirt under the brace prevents wrinkles that can irritate.
- ◇ For girls, we recommend wearing bras without small rings, lace or big sewing under the brace. These things can cause irritation. A sports bra is the best option.
- ◇ Pink areas are normal.
- ◇ If these pink areas turn wine red or purple, call your orthotist. These pressure points need to be verified and adjusted.

- ◇ It's important to check the condition of your skin on a daily basis to prevent irritations and other issues.
- ◇ You must respect the progressive wear to allow the body to get used to the brace.



Day Brace



Questions?

Call us:

Action Ortho Santé

tel: 514-595-7203

Visit our website

<https://actionorthosante.ca/>

WEAR AND
CARE GUIDE

Installation

1. Always put on a snug shirt under the brace.
2. Place the brace around your body.
3. Position the brace*.
4. Sit on the end of a chair and lean over the backrest. This helps tighten the brace. While tightening, guide the two parts of the opening to overlap them.

*Positioning

- * The opening is centered with the body.
- * The roll-shaped pad is at the waist level. The hip bone should be out of the brace.

Progressive wear

It's important for the body to get used to the brace. So a transition in terms of tension and time is necessary.

Day 1 = ____h Line ____

Day 2 = ____h Line ____

Day 3 = ____h Line ____

Day 4 = ____h Line ____

Day 5 = ____h Line ____

Day 6 = ____h Line ____

Day 7 = ____h Line ____

It will take you approximately 2 weeks to complete the transition (once you reach the last line).

Follow-up at the Shriners

Once the transition is complete, you must call the affiliated nurse of your doctor to book an appointment for an in-brace X-ray . This x-ray confirms the effectiveness of the brace and the reaction of the body to it.

Every 6 months, you will have a follow-up at the Shriners to see the evolution of the scoliosis. An x-ray without the brace will be taken. The day before the follow-up, don't wear the brace.