

Cleaning the 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.
- ◇ 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 2 weeks of progressive wear to allow the skin to get used to the brace.



Night Brace



WEAR AND
CARE GUIDE

Questions?

Call us:

Action Ortho Santé

tel: 514-595-7203

Visit our website

<https://actionorthosante.ca/>

Installation

1. Always put on a snug shirt under the brace.
2. Place the brace around your body in a standing position.
3. Once lying down, position the brace.*
4. Slide the plastique tongue in the brace.
5. Tighten the brace in a lying down position.

*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 = 1h

Day 2 = 2h

Day 3 = 1st full night

These first 3 days are done at the loosest tension (line 1).

Then, each tension line on the straps lasts 3 nights.

(one line = 3 nights)

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 confirm 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.

Good to know

- ⇒ 75% of growth happen at night.
- ⇒ You can sleep in any position with the brace.