

BRACE CARE

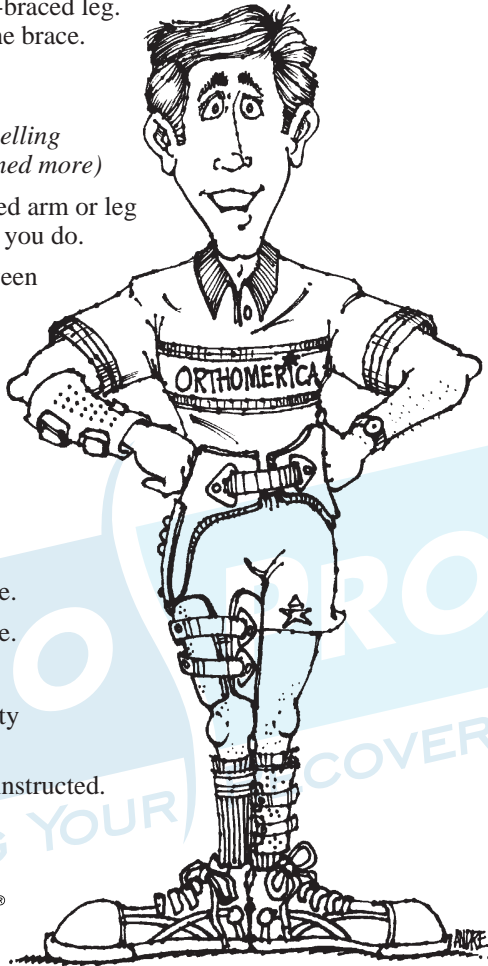
Here is a list of things you should and shouldn't do and problems you should watch for while wearing a fracture brace. Be sure to always follow your doctor and healthcare professional's instructions.

Do

- ☆ Frequently exercise the joints above and below the fracture brace the way your doctor has instructed. *(This is important to healing.)*
- ☆ Keep your brace and the underneath padding dry. Change the sock as instructed.
- ☆ Wear a shoe on your fracture-braced leg. This is an important part of the brace. *(Sneakers are best.)*
- ☆ Tighten the brace to maintain comfortable snugness. *(As swelling subsides, brace can be tightened more)*
- ☆ Put weight on or use the braced arm or leg unless it is very painful when you do.
- ☆ Keep the leg elevated in between brief periods of activity.
- ☆ Clean the brace and foam padding with mild soap and water.

DON'T

- ☆ Remove the brace unless instructed to do so.
- ☆ Put anything inside your brace.
- ☆ Cut, file or damage your brace.
- ☆ Take part in active sports.
- ☆ Engage in any physical activity which causes excessive pain.
- ☆ Forget to elevate the limb as instructed.



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WARNING!

If you notice any of the following problems, call your doctor or healthcare professional immediately.

- ☆ Brace is loose, cracked or broken.
- ☆ Brace rubs, presses or pinches, causing irritation.
- ☆ Brace is uncomfortably tight.
- ☆ Excessive swelling develops above or below the brace.
- ☆ Fingers or toes below the brace are numb and difficult to use.
- ☆ Fingers or toes are discolored.
- ☆ Moderate discomfort changes to severe and constant pain.
- ☆ Offensive odor develops from sores under braces.

OTHER INSTRUCTIONS: _____

DR. _____

PHONE No.: _____

HOSPITAL PHONE No.: _____

