

# SPINAL BRACE CARE

Your clinician has prescribed for you an Orthomerica® spinal brace to assist your rehabilitation. You should follow your clinician's instructions regarding when to wear the brace. Here are just a few instructions to help you care for your brace so that it can continue to help you.

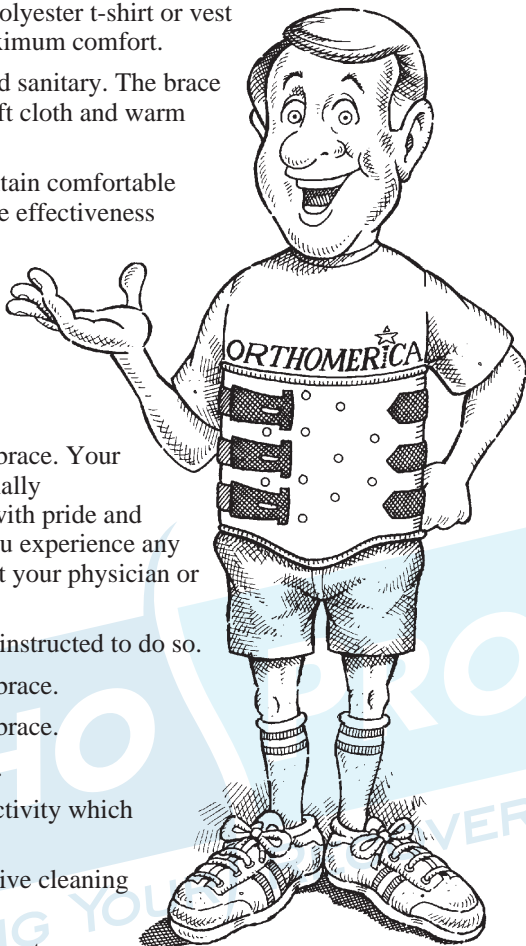
---

## Do

- ☆ Follow your physician's instructions about wearing the brace.
- ☆ Wear a cotton or cotton/polyester t-shirt or vest beneath the brace for maximum comfort.
- ☆ Keep your brace clean and sanitary. The brace can be cleaned using a soft cloth and warm soapy water.
- ☆ Tighten the brace to maintain comfortable snugness. This ensures the effectiveness of your brace.
- ☆ Take care when bending, stretching, sitting or standing.

## DON'T

- ☆ Cut, file or damage your brace. Your brace has been professionally manufactured and fitted with pride and care. However, should you experience any discomfort, please contact your physician or brace supplier.
- ☆ 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.
- ☆ Use any solvents or abrasive cleaning agents on your brace.
- ☆ Put the brace close to a direct source of heat.



**ORTHOMERICA®**  
PRODUCTS, INC.

# 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 loose and cannot be easily adjusted.
- ★ Brace is tight and cannot be easily adjusted.
- ★ Moderate discomfort changes to severe and constant pain.
- ★ Skin/wound problems such as offensive odor develops or excessive itching develop beneath the brace.

*OTHER INSTRUCTIONS:* \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

*DR.* \_\_\_\_\_

*PHONE No.:* \_\_\_\_\_

*HOSPITAL PHONE No.:* \_\_\_\_\_

