

SPINAL BRACE CARE

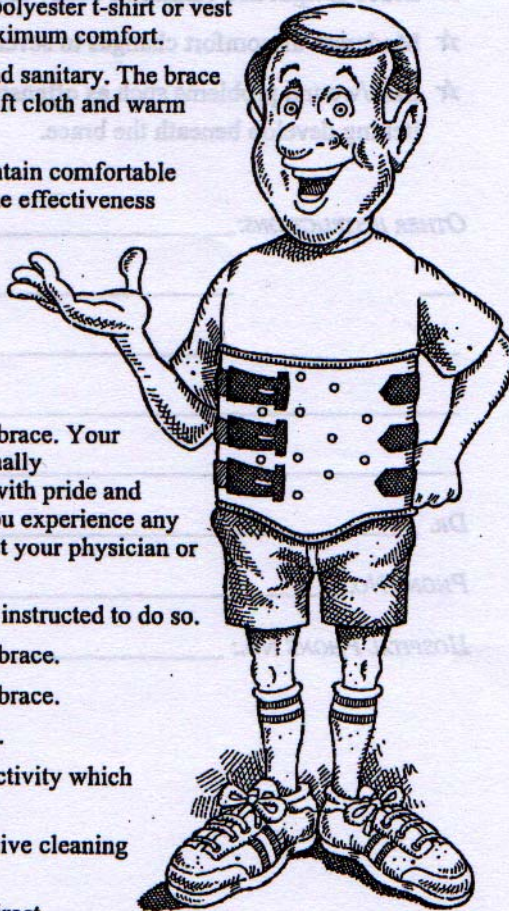
Your clinician has prescribed for you an Orthomerica® spinal brace to assist your rehabilitation. You should follow your clinician's instructions regarding when to wear the brace. Here are just a few instructions to help you care for your brace so that it can continue to help you.

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.



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.: _____