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Wear and Care Instructions for the Ryno Lacer Wrist Brace

Putting on the Brace

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1. Open the velcro straps and slide your hand into the brace.
2. Position the brace so your knuckles are exposed and the metal bar sits in the palm of your hand. Your thumb should be resting in the thumb trough.
3. Secure the straps. Close the strap around your wrist and forearm then wrap the strap around your thumb.

Removing the Brace

To remove this brace, undo the velcro straps and slide the brace off of your wrist. Stick the velcro back to the brace.

HELPFUL TIP - Check your skin every day. If your skin has red spots that stay red for more than 15 minutes after you take off your brace it could mean there is too much pressure in one spot. Stop wearing the brace, take a picture of the red spot, and contact our office right away.

Cleaning Instructions

If the brace gets dirty you can clean it with soap and warm water. The brace must be fully dry before you put it on again.

Wearing Schedule

Ask your practitioner or doctor what your wear time should be based on your diagnosis.