



Use your phone's camera to scan this QR code and follow along with the video

Wear and Care Instructions for a Sarmiento Humeral Fracture Brace

Putting on the Brace

► Follow along with the video for best results

1. Make sure your arm is clean and dry, then carefully pull on the under sleeve to cover your upper arm and the top of your shoulder.
2. Loosen all the velcro straps on the brace.
3. Slowly and carefully slide the brace up your arm until the shoulder cap covers the top of your shoulder. Make sure none of the plastic is cutting into your arm pit.
4. Tighten the two short straps. These should be snug but not too tight. If your hand starts to tingle or feels numb, loosen the straps.
5. Wrap the long strap around your back and under your non-injured arm, across your chest, and run it through the D-ring on the top of the brace. Velcro the strap back to itself.
6. If your clinician gave you a sling to wear with the Sarmiento, make sure you are using both devices together.

Removing the Brace

To remove this brace, undo the velcro straps and slide the brace off of your arm. Be very careful with your arm while it is not being supported.

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 the brace. It could mean there's too much pressure in one spot. Take a picture of the red spot, and contact our office right away!

Cleaning Instructions

Your Sarmiento should be washed a few times a week. The under sleeves should be washed after each use.

1. Wash the plastic and under sleeves with warm water and soap. You can use your hand or a washcloth. Do not use abrasive scrubbing tools.
2. You can wipe down the plastic with rubbing alcohol—especially if there are bodily fluids on it.
3. Make sure that everything is dry before putting it back on.

Wearing Schedule

You will likely need to wear this brace 24/7 until your arm heals. Your doctor will tell you when you no longer have to wear this brace.