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Wear and Care Instructions for a Soft Collar Neck Brace

Putting on the Brace

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1. Open the velcro straps and position the neck brace with the notch facing up.
2. Wrap the brace around your neck with the notch under your chin and the velcro on the back of your neck.
3. Secure the velcro so the brace is snug but not too tight. You should not feel like you're being choked. Your head movement should be limited while wearing the brace.

HELPFUL TIP - If you have long hair, make sure that no hair is caught between your neck and the brace.

Removing the Brace

Undo the velcro strap and remove the brace. Once off, stick the velcro strap 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. Note: this brace will retain water after washing since it's made of foam. To quicken the drying process, take a towel, roll the brace up in the towel, and squeeze the towel to help get the water out quicker. 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.