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Wear and Care Instructions for the Wrist Lacer 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.
3. Secure the straps. Close the top strap around your thumb then tighten the strap around your wrist and forearm.

HELPFUL TIP - Try sticking the velcro strap that goes around your thumb to different places on the brace. Find the velcro placement that feels best to you.

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.

For Carpal Tunnel Syndrome - you need to wear this brace when you are sleeping. This brace will prevent your wrist from flexing at night and will stop the medial nerve from getting pinched and causing pain.