

Brace Wear & Care Guide



What to Expect

Starting to wear your brace

The brace may feel uncomfortable initially. It is normal to feel some discomfort while your body is adjusting to the brace. This can last up to 3 weeks in some cases but will improve with time. Patients are encouraged to persevere through this initial phase as the body will adapt to the new posture being created by the brace and symptoms will subside.

It is also common to have slight redness, discolouration or slight bruising of the skin. Again, your body should adapt and this will resolve on its own. If it worsens contact your clinician for review.

Sometimes you might experience a slight numbness or 'pins and needles' feeling. If this feeling persists, contact your clinician.

Growth and changing body size

The brace can be adjusted to allow for some amount of growth or change in body size. In some cases a significant increase in height or change in body shape or size may require a rescan and a new brace. Keeping up regular follow-up appointments will allow this to be monitored.

Also, if a patient's spine is improving significantly, a new brace may need to be designed to fit the spine's new shape and to get further improvements. The clinician will maximise the longevity of the brace through small modifications, but in some cases a new brace/s may be required to see the patient through to the end of their growth.

For adult brace wearers, it's not as common to require subsequent braces.



Wearing and Looking After Your Brace

Wear and tear

The brace is designed to be strong, but it is not indestructible, so treat your brace with care.

- Don't leave it out in freezing conditions, or let it get too hot in a car or by a fireplace.
- Don't subject the brace to strong impacts or forces.
- Don't wear the brace while playing sports. This helps avoid damage to the brace and assists to minimise odours.

Each brace has a 12 month manufacturer's warranty which covers "material faults".

Some accessory parts of the brace may also wear over time, for example the straps may wear down somewhat from use or a screw may loosen. Let your clinician know if you notice any wear and tear like this.

Comfort and cleaning

It is recommended to wear a clean, soft shirt or bodysock under the brace to reduce discomfort and skin irritation. Showering daily will also significantly reduce the possibility of skin irritation. Keep your brace clean and avoid skin irritation or infection by wiping the inside of the brace regularly with isopropyl alcohol wipes.

Do not put any part of the brace into water. Wash the outside of the brace with a washcloth and mild soap. Rinse with a washcloth and clean water and wipe dry. Make sure you don't use alcohol wipes on the outside of your brace, as this can cause the pattern on your brace to fade.

Some patients have found that it's best to avoid using powders or lotions on the skin right before wearing the brace. This can soften the skin and may allow skin breakdown to occur. Instead, apply lotion or powder to clean skin when the brace is off and make sure any excess is removed well ahead of wearing the brace again.

Straps

Velcro can stick to anything, from dog hair to fuzz from your clothing, and if too much debris gets caught in your straps they can stop working efficiently. The best way to keep your straps clean and to help them to last longer is to keep your straps fastened when not in use.

If you do get dirt or other debris stuck in your velcro straps you can blot the looped side of the fastener with duct tape, and clean the hooked side of the fasteners using another piece of Velcro.