



### **Cervical Collars: Wearing Schedule and Care Instructions**

You have been fit with a Cervical Collar. Unless otherwise instructed, please use a gradual break in schedule to allow your body to get used to the device. Start with an hour today. Increase an hour per day as tolerated. Following use, remove your orthosis and inspect your skin. There may be some skin redness from pressure areas. Redness should not persist for more than 15 minutes after removal. Redness that does not disappear can be a sign of excess pressure. Discontinue use, also, if any sign of numbness, tingling, color change, excessive itching, swelling or pain develops. Please contact our office at 919-777-0446 for adjustments and do not reapply orthosis. Failure to do so could lead to blisters or open sores.

The collar is designed to support your neck and limit the motion of your spine. You should wear it 24 hours each day unless otherwise instructed by your doctor.

Washing of the orthosis should be done only with your doctor's authorization. If it is approved, your neck must be immobilized during the procedure. Your orthosis or lining can be cleaned with a wash cloth and mild soapy water. Make certain all soap residue is removed and the orthosis is completely dry before reapplying. Make certain the orthosis is reapplied properly, with all straps secured snugly.

Make sure you are comfortable with how to properly put on and take off your orthosis. Never attempt to modify your orthosis yourself.

Please inspect your orthosis daily for any signs of wear including cracking, loose parts, or decreased effectiveness of the device and call our office as needed. A yearly check up is recommended.