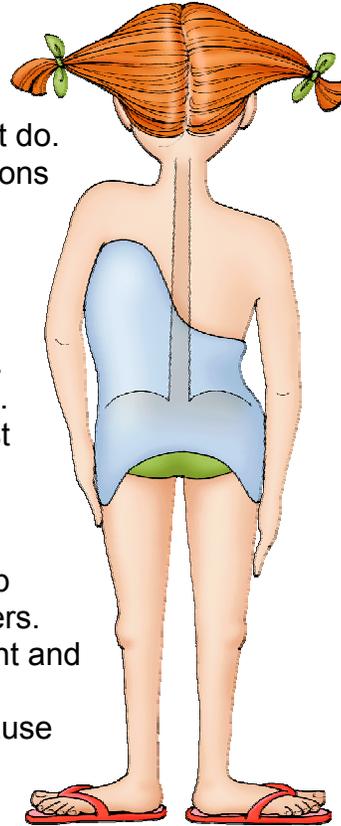


CHARLESTON / PROVIDENCE NIGHT-TIME ORTHOSIS

Night-time Bending Brace

You have just received a brace for your lumbar scoliosis. The first few weeks will be a time of adjustment for you and your parents. Focus on what you can do and instead of on what you cannot do. Use common sense and call if you have any questions or problems.



Skin Care

- Remove brace and bathe or shower each day.
- Wear a clean T-shirt at night beneath the brace. The shirt should be 100% cotton without ribbing.
- Apply alcohol to the red areas of skin for the first two weeks and allow your skin to dry before applying brace.
- Change damp T-shirts frequently.
- You may apply cornstarch to your skin to absorb some of the moisture. Do not use talc or powders.
- Pull T-shirt down through bottom of brace in front and back to remove wrinkles.
- Do not use fabric softeners or “Cling Free” because they leave a residue on the T-shirts that may cause skin irritation.

Common Skin Problems

Skin problems often occur because the brace is not tight enough and shifts, causing constant rubbing on the skin or wrinkles in the T-shirt. Make sure the brace is very snug and is on correctly.

Redness: massage with alcohol (some normal redness is expected). Do not use lotions, oils or creams on these areas.

Blisters: leave open to air and remove the brace for 24-48 hours until healed.

Heat Rash: (red, raised pimples) clean and dry the area. Try cornstarch before reapplying the T-shirt and brace.

Dark areas: these are normal at the waist and will fade. Normal skin color will return after brace is discontinued.

Brace Care

- Use a face cloth to wash the brace daily, and wipe thoroughly.
- Use liquid dishwashing soaps, either white or clear.
- Clean straps by scrubbing with an old toothbrush to remove soil. Remove lint from Velcro.

- Pat dry with a towel or use a hair dryer on the **cool** setting before reapplying brace. Heat from a hair dryer, radiator, stove or direct sunlight may deform the plastic.
- Loose padding should be glued by the Orthotics Department. Home glue usually does not work. Call your brace shop if rivets pull out, straps tear, or if your brace needs any kind of repair.

Activities

Your brace may make sitting upright slightly awkward. The use of pillows beneath and behind you may help.

Wearing Schedule

Because your brace may be uncomfortable at first, this schedule is set up to allow for gradual adjustment to your brace. This allows your skin and body time to adjust to your brace. You are expected to reach wearing time as ordered by your physician. During this time, observe any brace/skin problems.

Day 1	On 2 hours late evening
Day 2	On 3 hours
Day 3-4	On 4 hours
Day 5	On 5 hours
Day 6-7	On 7 hours
Day 8-9	On 8 hours
Day 10-11	On 10 hours
Day 12-13	On 12 hours total, evening & through the night

Follow Up Appointment

After brace delivery schedule an appointment to obtain an x-ray in the brace. It is important to evaluate the fit of the brace, the amount of tension on the straps and finally to document the effect that the brace has on the curve. Most follow-up x-rays will be taken in the brace laying down on the x-ray table. As skeletal maturity advances, some x-rays will be taken standing with the brace off.



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