



Orthotic & Prosthetic

SPECIALTIES INC.

PECTUS BRACE USE AND CARE INSTRUCTIONS

- Always wear a T-shirt, this provides a barrier between the skin and the brace along with absorbing perspiration.
- If possible graduate your time of use with your new orthosis. Initially wear it for a short period of time and take it off. Remove your T-shirt to check for redness.
- Position the anterior (front) pad over the protruding sternum and ribs. The back pad should be between your shoulder blades. Keep the side straps snug to apply pressure to your sternum. The shoulder straps should be snug but not so tight that it pulls the brace up.
- If you have a localized redness, call your orthotist. If the redness is over a large area and it is pinker in color, that is normal. You most likely will have redness over the protruding sternum but it should fade within 15 minutes after taking the brace off.
- Follow your physician's instructions on when to wear your brace (when to have it on and how long to continue to use it).
- Do not feel discouraged if you feel an adjustment is needed. This is not unusual. A minor adjustment might be needed to ensure a good fit. Call you orthotist to discuss this.
- Follow Up Schedule: 1st follow up appointment in 1 month.
2nd follow up appointment in 2 months.
3rd follow up appointment in 3 months.
Future follow up appointments every 6 months.

HOW TO CARE FOR YOUR PECTUS BRACE

- Clean your brace pads once a day with rubbing alcohol.

IMPORTANT NOTES ABOUT YOUR PECTUS BRACE

Your Pectus brace is a specialized device. It is VERY important to keep all follow-up appointments made by your orthotist. Schedule an appointment at our office if any unexpected problems occur.