

WEARING SCHEDULE

1. Follow your Physician's specific wearing schedule for you. Normally, full time wearing is 22 hours/day. It may take 3-5 days before you will be able to wear your brace full time.
2. During this break-in period, wear your brace for 3-4 hours at a time, then remove your brace for an hour. After the hour rest, reapply your brace.
3. It is advised that the first full day of wearing be a weekend or a day out of school to avoid problems while away from home.
4. Always wear a 100% cotton T-shirt with a snug fit or a "body sock" between your skin and the brace. The shirts/body sock will protect the skin and absorb body perspiration. Underwear is worn over the brace, not under, so the brace does not have to be removed to use the restroom.

SKIN CARE

1. Bathe/shower daily
2. Allow skin to dry for a few minutes before re-applying the brace.
3. Do NOT use creams, lotions, or Band-Aids under your brace. They may cause a rash or skin breakdown.

APPLICATION AND SKIN CHECKS

1. Bend your knees slightly while standing to help fit your brace properly at your waist.
2. Stand up straight and pull any extra cloth from your T-shirt down. Make sure there are no wrinkles under your brace as this can cause skin irritation and breakdown. Secure straps snug.
3. You should be able to take a deep breath with your brace on, though your brace must fit snugly.
4. If your hips become sore, or if your brace is not properly positioned at your waist, lift your brace up from the bottom and tighten the waistline strap some more. You might think that it would help to loosen the strap, but this will make your hips more sore.
5. Check your skin after removing the brace for signs of skin breakdown.
6. Sometimes, the skin over your waist and hips gets darker. This is common and is not a sign of skin breakdown. When your brace treatment is over, this will go away.
7. After removing the brace, there may be some pink or reddened areas. This redness should disappear within half hour after brace removal.



PLEASE CALL YOUR NEAREST WCBL REGARDING ANY QUESTIONS OR CONCERNS.

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