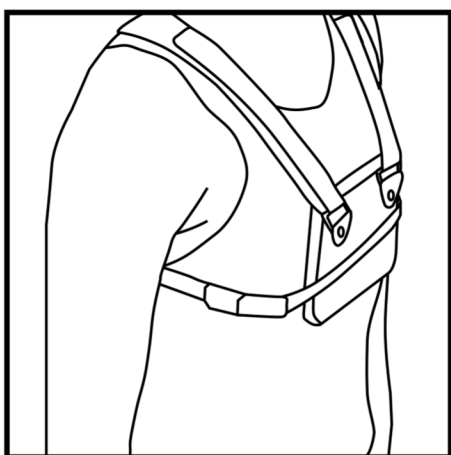


Pectus Carinatum Orthosis

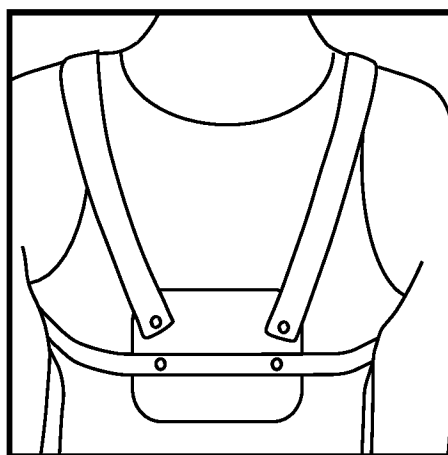
Wear & Care Information

Your custom-made pectus orthosis is designed to treat pectus carinatum by applying targeted, adjustable pressure to your chest. The information below – along with the specific guidance from your orthotist – will tell you what to expect when using your pectus brace.

Follow your health care providers' instructions carefully to use this device safely and effectively. This guide is intended to offer general "getting started" instructions. Always contact your orthotist if you have any questions or concerns.



Side View



Posterior View

Donning Your Pectus Carinatum Brace

1. Place the brace over your chest so that the anterior and posterior pads are properly located.
2. Position the center the front pad at the apex of the deformity. The back pad should rest evenly against your upper spine.
3. Feed the ladder straps into the ratchet mechanisms and tighten evenly around the torso. After the initial fitting, it is recommended that only one side of the ratchet buckle be used to tighten and remove the brace.
4. Shoulder straps should be tightened so they are comfortably snug, helping prevent the brace from shifting or migrating.

(More On Reverse Side)

Proper Strap Tension

To maximize compression and correction, the patient should be encouraged to wear the orthosis as tight as tolerable. Straps should be tightened so the brace is snug and secured in the desired position without digging into your skin or restricting normal breathing. Follow your orthotist's instructions on achieving the optimal tension.

Brace Migration

Most pectus braces have a tendency to migrate. A slight change in the location of the brace is expected after having been seated or lying down. Be sure the straps on the orthosis are secured firmly enough to avoid migration.

Wearing Schedule

The orthosis may be worn for up to 23 hours per day. Your orthotist will provide specific instructions on your daily wear time to achieve best results. The brace should be removed while participating in sports and during bathing. Follow your physician's and orthotist's instructions for acceptable activities while wearing the orthosis.

A break-in schedule may be provided to help you gradually increase wear time, allowing your body to adjust comfortably to the compression of the brace.

Comfort Tips

Always wear your pectus brace over a cotton t-shirt that provides coverage in all of the contact areas of the brace. Try to keep the fabric smooth against skin and avoid fabric wrinkles or bunching. Do not use lotions or moisturizers under the pads of the orthosis as it can lead to skin irritation and breakdown.

Areas of Redness

Some minor surface redness is common and should dissipate quickly. Check for localized redness after each wearing period and before continuing with the break-in schedule. If redness, irritation persists call your orthotist for adjustments.

Follow-up Care

Follow-up visits with your physician and orthotist are vital for your healing – don't skip any scheduled appointments. Adjustments for fit and function can be made by appointment with your orthotist.

Cleaning

The orthosis can be cleaned with soap and warm water or rubbing alcohol. Be sure to thoroughly rinse any soap/detergents off and dry the orthosis before donning.

Physician's orders should supersede all protocol.