



## BRACING PROTOCOL

There are some general rules that apply to the usage and wearing of all pre and post-operative braces. To facilitate the daily use of your brace please review the following:

- If the brace rides up after you have put it on or after sitting then the brace is too loose and you should restart the tightening process in the standing position as you were instructed by our clinical staff.
- You should make sure to always wear some sort of under layer or under garment under the brace. The brace should NEVER be worn on your bare skin. Wearing the brace on bare skin can cause severe skin irritation as well as this may lead to the brace collecting body odor.
- The brace cannot and should not ever be washed.
- **Prior to your surgery**, the brace can be worn at a patient's discretion. If you find that the brace is helpful and provides comfort you are welcome to wear the brace as often as you'd like.
- Please remember that you must bring your brace on the day of your scheduled surgery and to your first follow up appointment in the office which is usually scheduled at 2 weeks after surgery. At that visit your surgeon will evaluate your healing and determine how much longer you need to continue wearing your brace.
- **After surgery**, you should wear your brace all day, every day, except while sleeping and showering. The brace will provide support as well as serve as a reminder of your post-surgical restrictions of not lifting, twisting or bending etc.
- The brace manufacturer provides a 1 year warranty. All warranty and manufacturer info can be found in the brace bag that was provided by our clinical staff.

If you have been provided with a brace for reasons other than postoperative protection (i.e. Lumbar support at work), please understand that these instructions may not apply and you should follow the guidelines that were provided at the time of your fitting appointment only

Should you have any difficulty with the placement or usage of any brace, feel free to call our office and request to speak to our clinical staff for further assistance.