SUCCESSFUL ORTHOSIS WEARING

Always follow your Doctor’s orders for wear time and activity.

- Wear your orthosis 18-23 hours daily within 2-3 weeks unless otherwise specified by your Doctor.
- Take care of your skin daily.
- Always wear an undershirt under your orthosis.
- Properly apply your orthosis to your body.
- Clean your orthosis daily.
- Complete your daily exercise program (if given).

Your Orthopedic Surgeon is: ____________________________
_____________________________________________________
telephone #

Your Orthotist is: ____________________________
_____________________________________________________
telephone #

Your Nurse is: ____________________________
_____________________________________________________
telephone #

Your Physical Therapist is: ____________________________
_____________________________________________________
telephone #

Any special Doctor’s orders should always supercede the information provided in this guide.

BOSTON OVERLAP BRACE

WEAR AND CARE GUIDE
To Protect Your Skin:

• Be sure to bathe daily.

• With your hands, apply rubbing alcohol to all areas of your skin that contact the orthosis. Alcohol plus the friction from your hand will toughen your skin.

• Pay special attention to the pink areas of your skin where orthosis pressure is highest.

• Always wear a Boston T or a snug cotton undershirt (without side seams) under your orthosis.

• Always wear underpants over your orthosis.

• Wear your orthosis as tightly as possible. A loose orthosis may rub and cause skin breakdown.

SKIN CARE

It is very important to PREVENT SKIN BREAKDOWN (that is sore, red, raw skin). The skin under the orthosis needs to be toughened up, especially where the orthosis applies the most pressure.

POSTOPERATIVE PROTOCOL

• Patient should lie on their side with hips and knees slightly flexed.
• Gently open orthosis and slide under patient.
• Align waist rolls with patient’s waist.
• Rotate orthosis to ensure proper alignment.
• Help log roll patient to their back, realign orthosis.
• Secure straps - middle, bottom, then top.

Lying in bed with the orthosis on takes some adjustment. Try lying on your back with a pillow (or two) under your knees. Some patients find it comfortable to lie on their side with a pillow between their knees.

Your Doctor will advise you on how long you must wear your orthosis and what activities are permitted.

BREAKING-INTO YOUR ORTHOSIS

If your orthosis is worn postoperatively, DO NOT follow this break-in schedule. A postoperative orthosis should be worn full-time. Always follow your Doctor’s orders.

STAGE I: Wear orthosis 6 hours daily.

• Apply orthosis for 2 hours.
• Remove orthosis, check skin and rub with alcohol. If your skin is just pink, reapply orthosis for 2 more hours and repeat up to 6 hours total.
• If your skin is sore and red, wait 30 minutes, rub with alcohol again, reapply orthosis for 2 more hours and repeat up to 6 hours total.

Always contact your Orthotist if your orthosis is no longer comfortable or requires adjustment.

STAGE II: Wear orthosis 12 hours daily.

• Apply orthosis for 4 hours.
• Remove orthosis, check skin, and if necessary, rub with alcohol.
• Reapply orthosis for 4 hours.
• Remove orthosis, check skin, and if necessary, rub with alcohol.
• Reapply orthosis up to 12 hours total.

STAGE III: Wear orthosis 18-23 hours daily.

• Apply orthosis for 4 hours.
• Remove orthosis, check skin, and if necessary, rub with alcohol.
• Reapply orthosis for 4 hours.
• Remove orthosis, check skin, and if necessary, rub with alcohol.
• Reapply orthosis at bedtime and sleep in orthosis.

If you wear your orthosis full-time, remove it for one hour per day. An hour in the evening is best for your out-of-brace exercise program.

CLEANING ORTHOSIS

Your BOB should be cleaned daily with rubbing alcohol or soap and water, thoroughly rinsed, and towel dried.