



Instructions for Wearing Your Bending Brace



Always wear a clean T-shirt under the brace.

The T-shirt should be tight-fitting and long enough to extend below the bottom of

the brace. Thin shorts/boxers may be worn underneath the brace with a shorter shirt if that is more comfortable.

Keep the brace tightened to the line drawn on the strap by your orthotist.

It's best to allow a ten-day adjustment period, wearing the brace loose for the first few days and gradually tightening the straps each night.

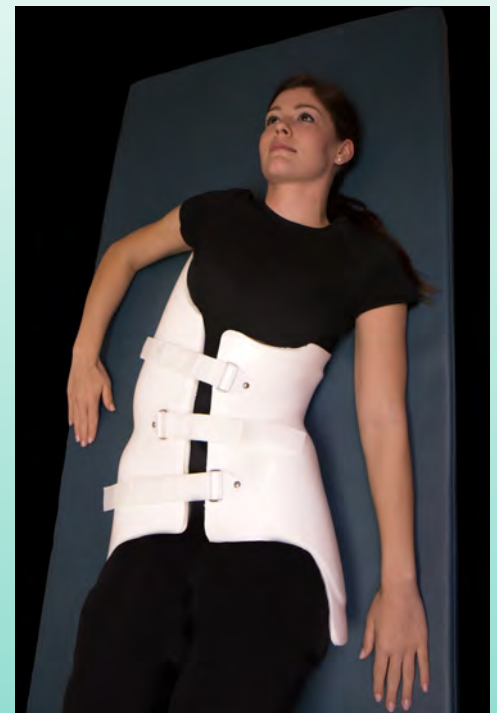
The break in period is usually about one week

Remember to complete your nighttime routine (brush teeth, go to the restroom, etc.) before putting the brace on. When you are all set for bed, place the around you while standing and then lie down to tighten the straps. Use the following weaning schedule to get used to your brace:

- **1st Night:** Wear the brace to bed and try to go to sleep. If an hour has passed and you don't fall asleep, take off the brace and sleep the rest of the night without it.
- **2nd - 4th Nights:** Wear the brace to bed and try to fall asleep (this should be a little easier these nights). If you find that you wake up in the middle of the night, remove the brace and sleep the rest of the night without it.

Optimally, after the 4th night you will be able to sleep the whole night in the brace. If you find that it is taking longer than a week to wean into you your brace, please contact our office

You are welcome to sleep any way that you feel comfortable. We suggest lying on your side with a large pillow to lean into or on your back with a small pillow underneath your knees. Areas that are pink, over a broad area, and that disappear on 20 minutes are normal. Please keep watch on your skin for any angry red spots (redness that does not disappear or causes soreness) or areas of irritation (rashes, etc.).



Contact our office if you find anything of concern. The brace can be cleaned by wiping the inside with a cloth dabbed in rubbing alcohol. This is especially important in the summer. It is best to wipe out the brace in the morning so it has the day to evaporate before donning the brace at night.

Transporting your brace

Suggestions include -- drawstring laundry bag, sleeping bag cover/bag, king size pillow case

The Original Bending Brace

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