

# Instructions for Wearing your Charleston Bending Brace<sup>®</sup>

## 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.



## The Break-in Period

It's best to allow a week to ten-days to adjust to your brace.

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

- 1<sup>st</sup> Night: Tighten the brace to the first line marked by your orthotist. Wear the brace to bed and try to go to sleep. If an hour passes and you don't fall asleep, remove the brace and sleep the rest of the night without it.
- 2<sup>nd</sup> - 4<sup>th</sup> Nights: Wear the brace to bed and try to sleep. This should become progressively easier with each night. If you awake during the night, remove the brace and sleep the rest of the night without it.
- 5<sup>th</sup> - 10<sup>th</sup> Night: Gradually tighten the brace to the optimum line marked by your orthotist.

## Wearing the brace.

Wear the brace in any position you feel comfortable. We suggest lying on your side with a small pillow to lean into or possibly on your back with a pillow under your knees. Any broad areas of your skin that become pink but disappear in 20 minutes are normal. Be alert to any angry spots (red, inflamed areas) that do not disappear or to any prolonged areas of soreness. Report any concerns to your orthotist so that adjustments can be made to your brace.



## Cleaning your brace.

Rub down the inside of the brace with a cloth dabbed in alcohol. It is best to clean in the morning so the alcohol has time to evaporate.

## Transporting your brace.

We suggest using a draw-string laundry bag, pillow case, sleeping bag cover, etc.

**OPTIMALLY, AFTER THE FOURTH NIGHT, YOU WILL BE ABLE TO SLEEP THE WHOLE NIGHT IN THE BRACE. IF DIFFICULTIES PERSIST LONGER THAN 10 DAYS, PLEASE CONTACT OUR OFFICE**



**Charleston  
Bending Brace<sup>®</sup>**

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