

# WINKLEY

ORTHOTICS & PROSTHETICS

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Instructions  
for your **NEW**  
Cervical Collar

# Wear and Care for your Cervical Collar

## Cervical collar = Neck Brace

### What Does It Do?

A cervical collar has been prescribed by your physician to support your head and neck after an injury or surgical procedure. Additional support for your upper back may be provided, depending on the style of brace prescribed. The collar will maintain your neck in proper position for healing.

### WEARING SCHEDULE

Your physician should be advising you regarding how often and how long you need to be wearing your cervical collar. You need to wear it when you are up and out of bed, and you may need to wear your collar in the shower. Verify all instructions with your physician. Following those instructions carefully will enhance the quality of your treatment.

### HOW TO WEAR YOUR COLLAR

It is important to keep your collar properly positioned at all times. Unless your physician has told you otherwise, you should be lying flat to apply and remove your cervical collar and to change the pads.

To apply the collar, position the chin piece directly under your chin and push the sides of the front panel up over your shoulder muscles and around your neck.

Your chin should not extend over the edge of the pad or fall inside the collar.

Hold the front panel on with one hand and center the back panel. Attach both straps to the front. Both Velcro straps should be fastened at the same length to ensure a symmetrical fit.

### SKIN CARE

Check your skin everyday for red marks or pressure areas. Your collar should fit snugly, but not cause any pain or bruises. Any redness should disappear within 15 minutes of removing the collar.

It is important to keep your skin clean to avoid irritation. Mild soap and water are recommended. Do not use lotions, oils, ointments or powders under your collar. If needed, use sparingly and allow to dry completely before putting the brace on.

Women should avoid heavy makeup and men may want to avoid growing a beard to prevent skin irritation.

### CLEANING THE PADS

It is necessary to clean the pads on your collar to avoid skin irritation, especially if you have drainage from a wound or surgical site. The pads can be removed by peeling them off of the Velcro dots.

Hand wash the pads with mild soap and warm water. Do not place them in a washing machine or use bleach or harsh chemicals. Wash/change liners once a day.

Rinse pads thoroughly, squeeze excess water out and lay flat to dry. If the plastic of the collar needs cleaning, use mild soap and warm water as well. Do not use heat to dry.

If you need additional pads for your cervical collar, contact your physician's office or orthotist.

### WHEN TO CALL THE ORTHOTIST

You have developed red areas or pressure sores from your collar.

You have had a significant weight change and your collar is too loose or too snug.

Your Velcro no longer holds tight or other material is worn.

You have any other questions or concerns about how to use your collar.

## Never attempt to adjust or repair your brace yourself!

**If you have sudden neck or back pain, numbness or tingling, contact your physician's office.**