

## PATIENT INFORMATION GUIDE

## Your new brace

- Begin wearing the brace for 2 hours during the day
- Build the time wearing the brace by 2 hours each day, until you are wearing it for a maximum of 23 hours every day (minimum of 20 hours per day)
- It is easier to tighten the brace when laying down. Putting the brace on laying down also helps the correction
- The brace should not be worn to school for the first week
- A certain amount of redness and irritation can be expected when you first start wearing the brace
- The brace will be quite tight initially and your skin will not be used to the pressure at certain points. This will improve over time
- If the brace is abrasive or is cutting into your skin, please contact your brace provider and they can advise the best way to help with this



## Caring for your brace

- We recommend that a body stocking is worn under your brace to help keep it clean, for added comfort and to reduce possible irritation
- 2 body stockings are provided with your brace. If you require more, you can purchase them from your brace provider
- Should the brace require cleaning, it can be wiped down with Isopropol alcohol or Antibacterial handwash, which is available from a local pharmacy

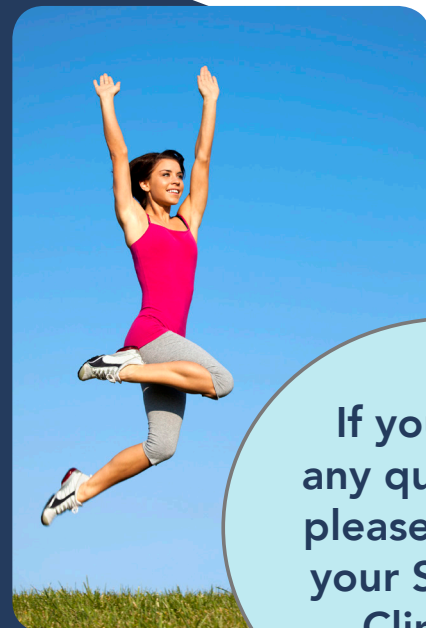


## Wearing your brace

- **SPORT** - We generally recommend that you continue to engage in sport while having treatment, however please speak to your clinician to discuss further
- **TRAVEL** - We do not recommend you wear the brace on long trips for the first week. When flying overseas, it is a good idea to get a medical letter from the clinic to ensure you have no issues at security while wearing or carrying your brace
- **GROWTH** - In most cases, adjustments can be made to the brace to accommodate some growth. In some cases your brace will need to be changed if you grow out of it

## Monitoring your progress

- Everyone's situation is different, however as a general rule you will be required to come back to the clinic 1 month after your initial brace fitting
- You will have regular reviews with your doctor to review your treatment



If you have  
any questions,  
please consult  
your Scoliosis  
Clinician