

Bio-Medic Appliances, Inc.

Care and Use Instructions for Your New Orthosis (brace)

Goals:

- The initial goal for braces is comfort and tolerance over the break in period
- Within one to two weeks, the wearer should be up to at least 8 hours of wear comfortably
- Your orthoses are intended to:
 - Accommodate your feet /legs, hands/arms or torso
 - Correct your alignment
 - Reduce pain
 - protect the covered body segment
 - Improve balance, coordination, gait mechanics or limb functions
 - Correct gait deviations/problems
 - Allow for safe ambulation/walking or activities of daily living
- The long-term goals of your orthosis(es) are to maintain or improve limb or spinal health, proper alignment, proper range of motion and strength.

Wear Schedule:

- On day one, the orthosis(es) should be worn 1-2 hours 1-2 times per day and each consecutive day, the wear can increase by 1-2 hours provided foot inspection shows healthy skin and wearer is comfortable. A slower schedule is appropriate for sensitive skin.
- Inspect the covered body segment for any redness every time you remove the orthosis(es).
- If no redness appears, follow the 1-2 hours incremental break in schedule.

Precautions:

- Blanching/redness of the skin is normal. In order to get a good anatomical fit, it is necessary to exert force in high density tissue areas. Redness should resolve after a 20-30 minute break from wearing the orthosis(es). Redness may occur occasionally from any given circumstance. The key to determining if red areas should be seen by us is very simple:
 - **Does the red area go away in 20-30 minutes?**
 - **Is it in a soft tissue area?**
 - If the answer to either of the above questions is **NO**, then you should discontinue wearing your device immediately and call our office to schedule an appointment.
 - If the answer is **YES** to both questions, then continue using your orthosis on the provided wear schedule and monitor closely.
- Discomfort /soreness can occur while getting used to wearing your orthosis, listen to your body and take additional breaks from the orthosis(es) if you are not comfortable.
- If you have any blisters or sore spots, discontinue wear of the orthosis(es) and call your orthotist.
- Always wear a sock or under garment under the orthosis(es) to protect skin and absorb perspiration.
- Always wear a shoe or non-skid tread with lower limb braces.
- Squeaks and Noises – The solution for squeaky orthotics is to sprinkle a little talcum powder in your shoes and/or add a little paraffin or silicone spray to the front edge of the orthotics. This will reduce the friction that makes orthotics squeak.

- Damaged or Lost – The solution to damaged or lost orthotics is to contact your orthotist for a replacement or repair. **Keep your orthosis(es) away from your dog, who may wish to chew on them.**
- Please use discretion when wearing your new orthosis(es) It will take time for your body to become accustomed to wearing the orthosis.
- **Plastics and Foams** - Never expose your plastic or foam materials to temperatures hotter than warm tap water. Some of the materials used in your orthosis(es) may become distorted and no longer function properly. Using these three easy steps will ensure a hygienic device.
 - All orthoses **can** and **should** be cleaned with a warm (**not** hot) mildly soapy solution.
 - Be sure to thoroughly rinse away any soap, as the residue may cause skin irritation.
 - Lastly, ensure that the orthosis is completely dry before your next wear, as any moisture can also cause skin irritation. Dry the orthosis(es) with a towel.
- In between regular washings, orthoses can be cleaned lightly with a baby wipe. Do not use a household wipe or bleach to clean your device as this can leave a residual that is irritating to skin.
- **Never use any other solvent(s) on your orthosis.** Some chemical combinations can be very harmful to both you and your orthosis.
- **Leather and Metal** - Leathers resist perspiration when they are new, however, this will not last forever, so we recommend that at least every other month you apply a thin coat of mink oil to all exterior leather work. Interior leather that is worn against the skin can be cleaned with a solution of half water/half rubbing alcohol.
- Joints and hinges should be serviced annually. Please call to schedule an appointment if you notice grating noises or squeaks in your hinges.

If you feel your orthosis is not functioning properly, please call our office immediately. Do not try to adjust anything yourself as this may cause injury to yourself, irreparable damage to your device and will void any warranty existing for the device.

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Please call Bio-Medic Appliances if you have any questions or concerns or if the wearer has any physical changes that affect the fit or function of this orthosis. If you need to reach our clinician on-call, please call one of our offices listed above. This will give you the pager number to reach a clinician.

Essex: 802-878-0930, Rutland: 802-776-4997

I have been verbally instructed on and received written instructions for the orthosis for

Myself \_\_\_\_\_ My child \_\_\_\_\_ My husband/wife \_\_\_\_\_ Other \_\_\_\_\_

Signature: \_\_\_\_\_ Date: \_\_\_\_\_