



Cervical Collars

You have been fit a Cervical Collar. Unless otherwise instructed by your physician, this device is to be worn at all times. At least once per day, remove your orthosis and inspect your skin. Any redness noted should not persist for more than 15 minutes after removal. Redness which persists for more than 15 minutes after removal can be a sign of excessive pressure. If this should happen, or if there are any signs of numbness, tingling, color change, excessive itching, swelling or pain please do not reapply the orthosis and contact our office for an adjustment. Failure to do so may lead to skin irritations and discomfort.

If you are not instructed by your physician to wear your collar full time, please use a gradual break in schedule to allow your body to get used to the device. Start with an hour today. Increase an hour per day as tolerated. Following use, remove your orthosis and inspect your skin. There may be some skin redness from pressure areas. Redness which persists for more than 15 minutes after removal can be a sign of excessive pressure. If this should happen, or if there are any signs of numbness, tingling, color change, excessive itching, swelling or pain please do not reapply the orthosis and contact our office for an adjustment. Failure to do so may lead to skin irritations and discomfort.

The collar is designed to support your neck and limit the motion of your spine. You should wear it 24 hours each day unless otherwise instructed by your doctor. Removal of the orthosis should be done only with your doctor's authorization. If you are allowed to remove your orthosis, your neck must be immobilized. Cleaning the orthosis or lining can be done with a wash cloth and warm soapy water. Saddle soap can be used on leather portions. Make certain all soap residue is removed and the orthosis is completely dry before re-applying. Do not use a hair dryer or place near a heater to speed up the process as this can damage the device.

Be certain you are comfortable with putting on and taking off your device and never attempt to modify your orthosis yourself. Please inspect your orthosis daily for any signs of wear including cracking, loose parts or decreased effectiveness of the device and call the office if needed. Also, don't hesitate to call if you have any questions about wearing the device. A yearly check up is recommended.

If you were given specific manufacturer care instructions for your orthosis please be sure to follow the directions closely.