



# NOBBE ORTHOPEDICS, INC.

Rebuilding Bodies, Restoring Lives...

[www.nobbeorthopedics.com](http://www.nobbeorthopedics.com)

## SCOLIOSIS BRACING INFORMATION

Our services for scoliosis bracing include all fittings and adjustments required during normal brace treatment for a period of 18 months. Replacement due to abuse, loss, skeletal growth and/or weight gain is not part of these original services.

### GENERAL INFORMATION

1. Bend hips and knees 30 degrees for application.
2. Always fasten the middle strap first, then bottom, then top. (MBT)
3. Always wear a clean undershirt with brace.
4. Clean brace as directed.
5. Do not use lotions or scented body powder under brace.
6. **REGULAR APPOINTMENTS WITH THIS OFFICE SHOULD BE SCHEDULED EVERY TWO MONTHS FOR BRACE CHECKUPS. AND ADDITIONAL APPOINTMENTS SHOULD BE MADE WHENEVER YOU SEE YOUR ORTHOPEDIST.**

The first week is very important in building skin tolerance. Do not wear the brace more than indicated. All brace wear should be done after school the first week.

### SKIN CARE

It is very important to PREVENT SKIN BREAKDOWN. Breakdown is sore, red, raw skin. The skin under the brace needs to be toughened up, especially where the brace applies pressure. On warm days when you perspire more, it is good practice to change undershirts during the day. Keep an extra undershirt at school.

To Protect the skin:

1. Bathe daily
2. Rubbing alcohol can be applied to all parts of the skin that are discolored. The alcohol may dry the skin enabling the skin to toughen. DO NOT use creams and oils to soften the skin.
3. Always wear a cotton undershirt, tubular knit with no side seams.
4. The skin needs frequent observation when the brace is first used.
5. DO NOT USE CREAMS OR LOTIONS under the brace.
6. DO NOT WEAR BRACE if there is any skin breakdown until skin is healed.

Sometimes the skin over the waist and hips gets darker. This discoloration disappears once brace treatment is completed.

### WEAR SCHEDULE

#### Stage 1

FIRST DAY- Apply the brace properly, and wear for 1-1 ½ hours. Take it off and check the skin for redness and irritation. The skin may be discolored and some soreness present in areas over the hips and

where pads are placed. These are the areas that should be monitored.

**SECOND DAY-** If the brace is well tolerated for 1 -1 ½ hours the first day, start wearing the brace for 2- 2 ½ hours. Do not attempt to wear the brace longer than suggested. Give skin care as previously described.

**THIRD DAY –** If the brace was tolerated for 2 ½ hours yesterday, put the brace on after school and wear for 3 ½ hours. Remove the brace and give skin care.

**FOURTH DAY –** Increase to 4 ½ hours in brace as tolerated.

### **Stage II**

After one week of wearing the brace at this rate, the potential for skin breakdown is very slight.

- a) The brace should be put on Saturday morning and worn for 4 hours, then removed for skin care. Reapply brace for an additional 4 hours, resulting in a total of 8 hours of wear.
- b) If the brace can be tolerated for 8 hours on Saturday, wear the brace for the same amount of time on Sunday. If it is well tolerated on Sunday, start wearing the brace to school.

### **Stage III**

- a) If the brace was tolerated for 8 hours, there should be an additional 1-1 ½ hours added to time in the brace. Leave the brace on when you get home from school.
- b) Each day add another 1-1 ½ hours.
- c) The first night you try to sleep in your brace and cannot go to sleep after 2 hours, remove the brace and try again the next night.

### **Stage IV**

When the brace can be worn at night, it should be worn all day and all night from then on – 23 hours per day. Take the brace off for showers, and then reapply. Skin care should be given and skin should be checked three (3) times daily: upon getting up in the morning, after school, and at bedtime.

### **Cleaning the Brace**

The hard plastic outer shell and the inner soft foam plastic should be cleaned every time you bathe. A cloth with soap and water can be used to clean the lining followed by a damp rinsing cloth. A terry towel can help dry the foam. If the lining is damp, a VERY COOL hair dryer can be used. The plastic brace should NOT be left in the sun OR by a heater as the plastic may soften and get out of shape. Do not use any harsh cleaners on the brace.

### **CLOTHING**

As a rule, loose fitting clothes will not reveal the outline of your brace. For girls, skirts and peasant blouses are easier to wear. Pants usually will be at least one size larger. Pants with an elastic waistband may fit more easily.

### **SPECIAL INSTRUCTIONS:**

Initial check-up visit to office: \_\_\_\_\_