

# Wearing a Neck Brace: What You Need to Know

## Why do I Need a Neck Brace?

Your surgeon has said you need to wear a neck brace. The brace will help protect and support your neck and spine. The neck brace will keep you from moving in ways that could re-injure your neck.

## General Information

Wear your neck brace following the directions of your surgeon. Your surgeon will review your X-rays at your follow-up visits and will let you know if you can wear your brace less often.

Do not stop wearing your brace even if you are feeling better. Your surgeon will tell you when it is OK to do so.

You can take off your brace to bathe, dress and undress.

## Caring for Your Skin

It is important to keep your skin healthy under your neck brace. To do this:

- keep your skin clean and dry
- do not use powders or lotions near your incision.

## Cleaning Your Neck Brace

Follow these tips when you need to clean your neck brace:

- Clean pads with a mild soap.
- Rinse with water and squeeze out excess.
- Let the pads air dry on a towel.

Make sure the pads are dry before putting your brace back on.

## When to Contact Your Surgeon

Call your surgeon's office if you have sudden, severe neck pain or if you feel numbness or tingling in your arms.

## When to Contact Your Orthotist

Contact your orthotist if:

- you develop redness, pressure areas or sores under your brace.
- your brace is too tight or too loose.
- your brace straps no longer work.
- you need an extra set of pads.
- you have questions or concerns about your neck brace.