

Hard Collar

Patient Information Guide

You have been fitted with a hard collar. Your hard collar acts as support for your spine and the correct fitting is important for your recovery.

How to use your brace

Step-by-step guide to putting the hard collar on correctly. You may need one person to assist.

Video instruction <https://vimeo.com/showcase/6773122>



1. Undo the Velcro and open up the collar.
2. Slide the back section of the collar under the back of the neck, ensuring it is not upside down and straps are even lengths.
3. Scoop the front section under the chin so that the chin is sitting in the cup.
4. Fasten the Velcro straps evenly onto the front section.
5. The wearer should not be able to slide their chin inside the collar.



Checking your skin

- Your skin needs to be checked daily for skin irritation, broken skin or reddened areas.
- Contact your orthotist immediately with any skin issues.

Hygiene

- You will be provided with a set of spare liners/pads for your collar. Change liners daily. Dirty liners can be washed in mild soapy water and dried with a towel.
- Remove liners one at a time taking note of their orientation and position.
- Wipe the plastic shell of the collar with alcohol wipes or soapy water.
- Ensure liners are attached in correct position and covering all plastic edges.
- Wipe skin underneath collar with warm water or alcohol wipes.

Things to remember

- You must wear your collar at all times, unless advised by your doctor
- Things to avoid
 - Adding un-prescribed bandages or dressings
 - Exercise or sport
 - Driving a motor vehicle unless advised by a doctor

Issues

- Please contact the RBWH Orthotic and Prosthetic Department if:
 - Your collar is broken or worn out
 - Causing discomfort or skin irritation
- Do not adjust your brace

Contact Details

Orthotics and Prosthetic Department
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