Orthotics and Prosthetics Department

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

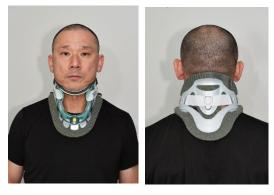
Step-by-step guide to putting the hard collar on correctly. You may need one person to assist.

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
 - o Exercise or sport
 - o 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

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