



Pectus Orthosis

Use and Care Instructions

STARTING OUT

Week One: 4-6 hours or as tolerate to sleep at night

Week Two: All sleeping hours

Week Three: 10-12 hours per day

HOW TO PUT YOUR BRACE ON

- Always wear a snug-fitting, cotton or moisture-wicking shirt (such as Under Armour®, Champion, or Nike Dri-FIT) under your brace.
- Put your brace on loosely, keeping one side strap attached. Position the pad over the most prominent part of your chest (apex of your pectus)
- Adjust the tension on the straps until the brace is tight as you exhale a deep breath. It is important that you flatten the pectus; this may require the assistance of a parent initially. It may be easiest to tighten the brace while lying down.

CARE OF YOUR ORTHOSIS

- Use rubbing alcohol or mild soap and water to wipe the pad surfaces daily
- The pads should be dry before wearing

GENERAL TIPS

- Remove the brace for sports and showering
- Foam mattress toppers (memory foam or egg crate) may make sleeping more comfortable
- Expect some soreness at the pectus during the initial 1-2 weeks of wear
- It is normal to see redness on the skin after use, it should fade within 1 hour of taking the brace off. If redness does not fade and the skin is irritated, remove the brace and call the Department of Orthotics/Prosthetics to schedule a follow-up appointment.

FOLLOW-UP

- If any part of your brace needs adjustment or repair, please call to schedule an adjustment at (312) 227-6210 and specify which location you would prefer to be seen at.

NOTE: Individuals enrolled in the pectus styd will be seen for a baseline scan and then once a year until completion of treatment. Individuals with iButton temperature sensors will need to follow-up every 4-5 months to download the collected data.