



Upper Extremity Orthosis

Use and Care Instructions

STARTING OUT

- Put a piece of stockinette or sock on your hand and/or arm to absorb sweat and protect your skin. Check the status of your skin every few hours.
- Carefully position your hand and/or arm inside of the brace as instructed by your orthotist.
- Any reddened area that does not fade after 1 hour should be watched carefully and you should call for a follow-up if redness persists.
- Occasional repositioning of the brace throughout the day may be needed.

CARE OF THE ORTHOSIS

- Remove the brace periodically throughout the day to wash your hand or arm.
- Use mild soap and water to wipe the inside of the orthosis daily. Rubbing alcohol can also be used to remove any bacteria.
- Avoid exposing the brace to extremes of heat, for example a radiator or other heat source. The plastic can lose shape or melt.

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 for your follow-up appointment