

Your brace



Type of brace: _____

The purpose of your brace is to:

When should I wear my brace?

Wear it (therapist to tick as appropriate):

- Night only
- Day only
- For activity only
- Constantly
- Remove for exercise
- Remove for washing
- Other

What should I look out for?

Contact us if:

- your skin becomes red or tender
- you have a skin reaction (eg itching, rash)
- you notice any abnormal swelling
- you have increased pain or discomfort.

To reduce problems:

- only wear your brace during the times instructed
- do not strap on too tightly (may interfere with circulation or cause pressure over skin) or wear too loose (may cause chafing).

How do I care for my brace?

Many braces can be machine washed at 40C. Some are hand wash only (check label or instruction booklet). If in doubt ask your therapist.

What if I have any problems?

You can contact us for another appointment **up to four weeks** following the completion of your treatment. After this time you will be discharged to the care of your GP.

After four weeks a GP letter will be required for:

- review appointments
- broken splints
- replacement or additional braces
- other problems.

Your therapist is:

If you need to contact us

Please contact your therapy department on:

RCH – 01872 252885

SMH – 01736 758846

WCH – 01736 874115

It would be helpful if you can tell us the type of brace you are wearing (see beginning of leaflet).

If you require urgent medical care when the Therapy Department is closed, please call 111 to speak to an adviser. If your call is an emergency, contact 999.

If you would like this leaflet in large print, braille, audio version or in another language, please contact the General Office on 01872 252690

