NHS
Royal Cornwall Hospitals
NHS Trust

Your brace

Information for patients



Outstanding
Care for One+All

Your brace details

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 you notice any of the following around your brace:

- 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)
- do not wear the brace if it is broken.

How do I care for my brace?

Most braces can be washed. Please check the label or instruction booklet for advice. If in doubt, ask your therapist. Wash plastic splints with warm (not hot) soap and water. Air dry only.
Small areas can be scrubbed with a toothbrush. Soft splints can be hand washed (instructions are usually on the label).

Follow up

☐ Face to face appointment

☐ Telephone follow up (we will contact you)

☐ Patient initiated follow up (PIFU) for ☐ months

During the PIFU period, if you have a problem with your brace you can contact us and request an appointment. At the end of the PIFU period, you will be discharged back to the care of your GP or Consultant.

Replacement braces

Once you have been discharged, you will need a new referral from your GP or Consultant if your brace needs to be replaced or reviewed.

If you need to contact us

Please contact your therapy department on:

Occupational Therapy at Royal Cornwall Hospital

☐ Telephone: 01872 252601

Occupational Therapy at West Cornwall Hospital

☐ Telephone: 01736 874115

Fracture Clinic

☐ Telephone: 01872 253170

My therapist's name is:

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

Note:

We cannot supply 'spare' or second braces unless clinically essential. Your therapist can advise you where to purchase extra braces.









To get this information in a different format call 01872 252690

Royal Cornwall Hospitals NHS Trust
Treliske, Truro, Cornwall, TR1 3LJ.
Switchboard: 01872 250000

For an online version of this leaflet please scan this QR code

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Outstanding Care for **One+All**