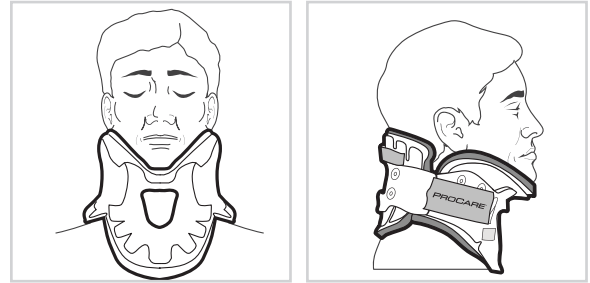


## CO | CERVICAL ORTHOSES | HANDBOOK



**The ProCare® Transitional 172 Cervical Collars** were designed to provide optimal support and comfort. The collar provides substantial motion restriction while minimizing painful pressure points that can lead to skin maceration and/or breakdown. Enhanced comfort using soft, breathable foam padding helps promote and encourage patient compliance.

This patient reference will instruct you on how to care for your ProCare® Transitional 172 Cervical Collar. It explains how to apply and adjust the collar and change the pads. Please review this with whomever will be assisting you.



**BE SURE TO FOLLOW ALL INSTRUCTIONS YOU HAVE BEEN GIVEN BY YOUR MEDICAL PROFESSIONAL. THE INFORMATION PROVIDED IS OFFERED AS A GUIDELINE, AND IS NOT A MEDICAL RECOMMENDATION.**

### **MOTION CONTROL**

Maintaining a neutral head and neck position is a critical part of the healing process. The ProCare® Transitional 172 Cervical Collar is designed to aid in this process. Remove and reapply the collar with the help of another person. The collar should only be removed when washing your face and neck, unless you have been given other direction from your medical professional.

**IMPORTANT:** Follow the specific instructions provided by your medical professional.

## INSTRUCTIONS FOR CERVICAL COLLAR REMOVAL, SKIN CARE AND RE-APPLICATION

### IMPORTANT:

1. Before taking off your collar, prepare the necessary supplies needed, such as soap, wash cloth, towel and replacement pads (if necessary).
2. Note where the hook straps end on the front of the collar. This will help when you apply and secure the collar during Step 9.
3. Stand or sit in front of a sink with a mirror. Begin by releasing the hook strap on one side. Carefully remove the collar and set it aside.
4. Keeping your head and neck in a neutral position. Use a wash cloth with soap and water to clean your face and neck,
5. Rinse away the soap and gently dry your skin.
6. Remove moist and/or dirty pads. If necessary, clean and towel dry the collar and straps.
7. Attach a clean set of pads (SEE Page 6).
8. Reposition the front of the collar, so your chin comes to the front edge of your chin support (**Figure 1**).
9. Place the back panel behind your neck. Make sure the support strap is at the top of the back panel (**Figure 2**).
10. Connect the hook straps on both sides and tighten (**Figure 3**).
11. Tighten the support straps until the collar is comfortable and secure (**Figure 4**).

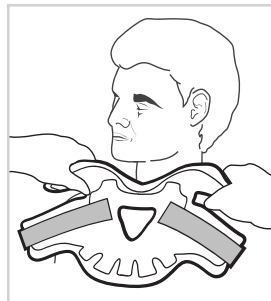


Figure 1

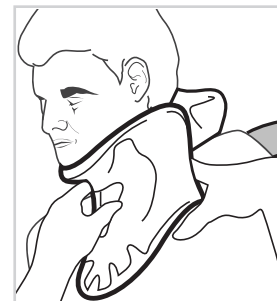


Figure 2

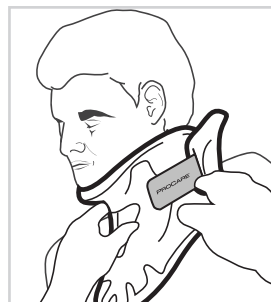


Figure 3

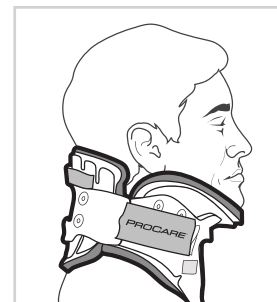
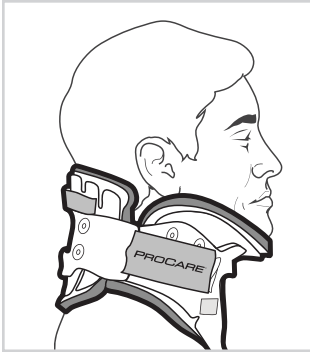
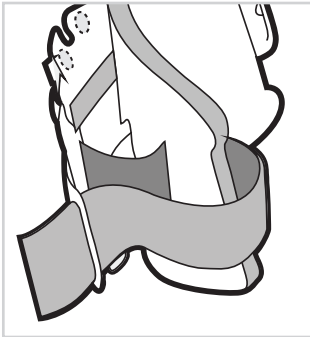


Figure 4



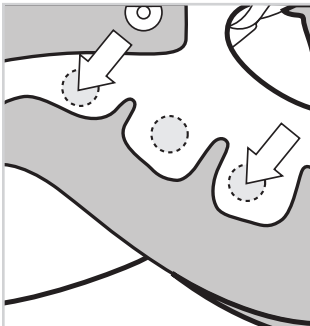
### PROPER FIT

When the collar is properly fitted and applied, your chin should come to the front of the chin support.



### PAD REPLACEMENT

Adjust the pads so the gray side grips the hook dots. The pads must cover all edges of the plastic. If not, move the pad to keep the plastic from touching the skin.



### PAD CLEANING

Hand wash the collar pads with soap and water. Rinse out all soap. Gently squeeze out excess water. Allow to air dry (6 to 8 hours).

**DO NOT** place pads in a washer or dryer.

To change the back pad, push the support straps through the slits in the pad, and then through the slots in the outer edge of the plastic.

### PROPER SKIN CARE

Pressure, moisture, heat, and dirt can all lead to skin redness and sores. To avoid this, keep your skin clean, dry, and cool. At least once a day, remove the collar and wash your neck and face. At this time, moist or dirty pads should be changed (See Pad Replacement). Check with your medical professional on how to keep your head and neck still while the collar is off. If you notice any skin redness or sores, call your doctor or nurse.

### SINGLE PATIENT USE

**PROCARE<sup>®</sup>**

**Product Support**

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