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## **Cervical Collar Use & Care Instructions**

You have been fit with a cervical collar. The orthosis is designed to support your neck and limit the motion of your spine. You should wear your Cervical Collar 24 hours a day unless otherwise instructed by your doctor. You should wear this orthosis as directed by your doctor and do not discontinue use until your doctor instructs you to do so.

Washing of the orthosis should be done only with your doctor's authorization. If it is approved, your neck must be immobilized during the procedure. Your orthosis lining can be cleaned with a washcloth and mild soapy water. Make certain all soap is removed and the orthosis is completely dry before reapplying. Make certain the orthosis is reapplied properly, with all the straps snugly secured.

Contact your doctor if any sign of numbness, tingling, color change, excessive itching, swelling, or pain develops. Please contact our office for adjustments needed to the orthosis.

Make sure that you are comfortable with how to properly put on and take off your orthosis. Never attempt to modify your orthosis yourself.

Please inspect your orthosis daily for any signs of wear including: cracking, loose parts, or decreased effectiveness of the device and call our office as needed.

*These instructions have been explained to me and I have been given a written copy of them to take home.*

Patient Signature: \_\_\_\_\_ Date: \_\_\_\_\_

**Please contact us if you have any questions**

**UNC Hospital Office: 919-966-4630**

**UNCH Prosthetics/Timberhill Pl. Office: 919-945-0215**