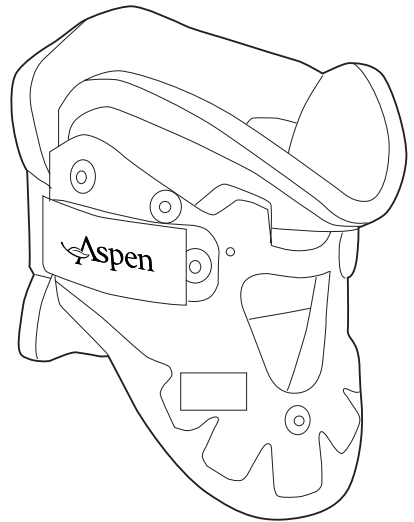
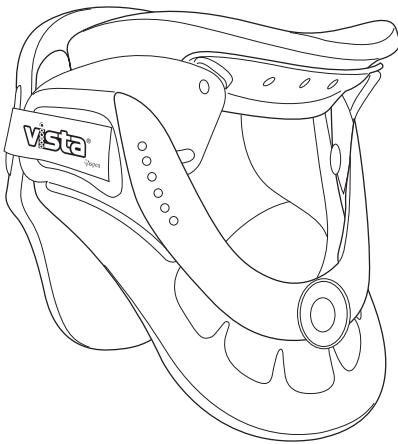




CERVICAL COLLAR PATIENT HANDBOOK



Be sure to follow all instructions you have been given by your doctor or nurse. The information is offered as a guideline only, and is not a medical recommendation. If you experience sudden neck or back pain numbness or tingling, contact your doctor.

Motion Restriction

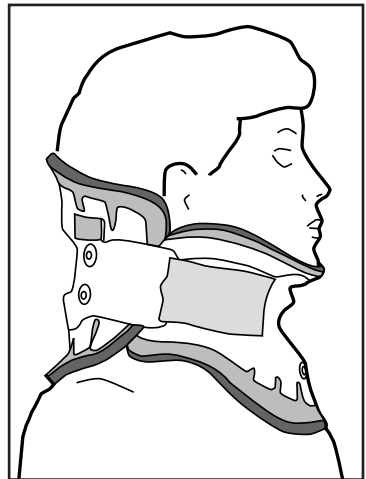
Keeping your head and neck as still as possible is an important part of the healing process. Keep your collar on and properly tightened at all times. Remove it only to wash your face and neck unless you have been given other orders from your doctor or nurse. Remove your collar only with the help of another person.

Proper Skin Care

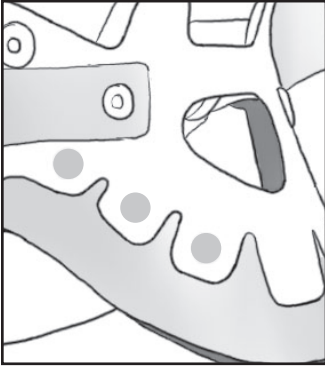
Pressure, moisture, heat, and dirt can all lead to skin redness and sores. To avoid this, keep your skin clean, dry, and cool. At least once a day, remove the collar and wash your neck and face. At this time, moist or dirty pads should be changed. Check with your doctor or nurse on how to keep your head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

Instructions for Removal, Skin Care, and Re-Application

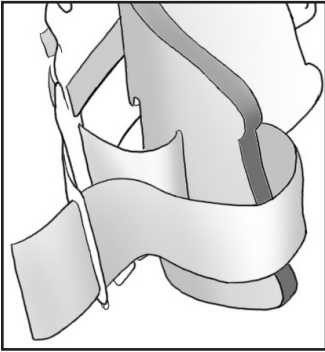
- Before taking off your collar, gather the supplies you will need: soap, wash cloth, towel, and pads.
- Stand or sit in front of a sink with a mirror. Release the strap on one side. Remove the collar and set it aside.
- Keep your head and neck straight and still. Use a wash cloth to clean your face and neck.
- Rinse away soap and gently dry your skin.
- Remove moist and/or dirty pads. If needed, clean and towel dry the plastic and straps. Attach the clean pads.
- Place the front of the collar so your chin comes to the front edge of the chin piece.
- Place the back panel behind your neck.
- Connect the straps on both sides and tighten.
- *Tighten the Support Strap until secure and comfortable (Aspen only).*



Pad Replacement



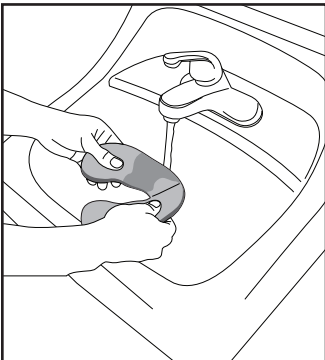
Adjust the pads so grey/green color material side grips the hook dots. The pads must cover all edges of the plastic to avoid touching skin.



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

NOTE: The padding on the Cervical Collar has a notable white cotton side and a notable gray or green side that covers the foam. The white cotton will always face out and have contact with the skin. Adjust the pads as needed to make sure no plastic touches the skin.

Pad Cleaning



Hand wash the 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.**

At-Home Instructions

- Wear your Aspen® Collar for _____ weeks
- Keep your collar properly tightened
- Remove it only with the help of a second person
- Remove it only to wash your face and neck
- Wash your face and neck _____ time(s)/day
- Do not drive or operate equipment
- Avoid strenuous activities

SPECIAL INSTRUCTIONS:

Physician:

Name: _____

Phone Number: _____

Fitting Specialist:

Name: _____

Phone Number: _____

Follow-up appointment: _____

Questions? Call: _____

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