

# Wear & Care Instructions

## SOMI Brace



Steeper manufactures a quality range of orthotic products and to help you care for the product, this leaflet provides information on how and when to use your prescribed orthosis, how to care for it and how to contact us if you have a problem or require a replacement.

### Care & Cleaning

The brace can be wiped with a damp cloth. You should wash the skin under the brace at least once a day. Areas in direct contact with the brace, such as the chin and lower jaw, may need more frequent cleansing. You should lie down before the brace is removed. It is advisable to wear the brace over a vest or T-shirt to prevent rubbing and provide some cushioning. You may need the help of another person to help change your clothes. If the brace causes any pressure sores or increasing discomfort you should contact the Orthotic department, as it may need minor alterations.

### Applying the Orthosis

1. The clinician prescribing the brace will tell you when to wear it and for how long.
2. Make sure all the straps are always snugly fastened.
3. If the brace has been prescribed because of a fracture you will probably be instructed to wear it all the time until your neck has healed.
4. The brace can be fitted while you are lying in bed before you get up. To remove the brace the shoulder straps should be unclipped from the bottom of the chest section. Press studs on the chin section undo the straps at either side of the head.

#### IMPORTANT

The advice and information contained in this document is not intended as a substitute for medical counselling. If you have any questions about treatment for a specific condition, please check with a health care professional.



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