

## BREAKING IN YOUR BRACE

If your orthosis is worn postoperatively, DO NOT follow this break-in schedule. A postoperative orthosis should be worn fulltime. Always follow your doctor's orders.

### STAGE I: wear orthosis 6 hours daily

- Apply for 2 hours.
- Remove orthosis, check skin. If your skin is just pink, reapply orthosis for 2 more hours and repeat up to 6 hours total.

### STAGE II: wear orthosis 12 hours daily

- Apply orthosis for 4 hours.
- Remove orthosis, check skin.
- Reapply orthosis for 4 hours.
- Remove orthosis, check skin.
- Reapply orthosis up to 12 hours total

### STAGE III: wear orthosis 18-23 hours daily

- Apply orthosis for 4 hours.
- Remove orthosis, check skin.
- Reapply orthosis for 4 hours.
- Remove orthosis, check skin.
- Reapply orthosis at bedtime and sleep in orthosis.

If you wear your orthosis full-time, remove it for one hour per day. An hour in the evening is best for your out-of-brace exercise program.

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[www.bostonoandp.com](http://www.bostonoandp.com)

# The Boston Overlap Brace wear and care guide



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## APPLYING YOUR ORTHOSIS

- From either a standing or sitting position, open orthosis and wrap loosely around torso.



- Lie down on your back and align waist rolls (bumps in the middle of the brace) so that they fall above your hips and below your ribs.



- Tighten middle strap first, then the bottom and top straps.



### ANOTHER OPTION:

- Log roll onto your side, allow your feet to hang over the edge while using your lower arm, elbow, and opposite hand to lift your body off the surface to a sitting position.



**Note:** The Boston Overlap Brace (BOB) is most effective when applied in the lying down position because your orthosis can be much tighter.

## POSTOPERATIVE PROTOCOL

- Patient should lie on their side with hips and knees slightly flexed.
- Gently open orthosis and slide under patient.
- Align waist rolls with patient's waist.
- Rotate orthosis to ensure proper alignment.
- Help log roll patient to their back, realign orthosis.

Lying in bed with the orthosis on takes some adjustment. Try lying on your back with a pillow (or two) under your knees. Some patients find it comfortable to lie on their side with a pillow between their knees.

Your doctor will advise you on how long you must wear your orthosis and what activities are permitted.

## PRECAUTIONS

It is very important to prevent skin breakdown (that is sore, red, raw skin). The skin under the orthosis needs to be toughened up, especially where the orthosis applies the most pressure.

### TO PROTECT YOUR SKIN:

- Be sure to bathe daily.
- Pay special attention to the pink areas of your skin where orthosis pressure is highest.
- Always wear a Boston T or a snug cotton undershirt (without side seams) under your orthosis. These are available from your orthotist or Boston O&P customer service at 508.588.6060.
- Always wear underpants over your orthosis.
- Wear your orthosis as tightly as possible. A loose orthosis may rub and cause skin breakdown.

## CLEANING ORTHOSIS

Your brace should be cleaned daily with rubbing alcohol or soap and water, thoroughly rinsed, and towel dried.

If you have any questions about the fit, wear and care of your orthosis, please call Boston O&P.

Any changes related to your specific diagnosis or general health should be reported to your physician.