

## FOLLOW-UP APPOINTMENTS

Your orthopedic doctor will see you regularly for scoliosis checkups. It is important to visit your orthotist before you see your doctor, even if you are not having problems. The orthotist will make sure your Boston Brace fits correctly and will ensure you get the best correction for your spine.

## GENERAL APPOINTMENTS

### MEASURE APPOINTMENT

An orthotist will measure you for your Boston Brace and our staff will explain your insurance benefits.

### FITTING APPOINTMENT

Fitting usually occurs two weeks after the measure, unless your insurance requires prior authorization. You may have nursing and physical therapy appointments in conjunction with your fitting.

### FOLLOW UP IN-BRACE X-RAY

The x-ray follow up should be 4 - 6 weeks after the fitting of the Boston Brace. You **MUST** see your orthotist before your x-ray and doctor's appointment.

### REGULAR FOLLOW UP

You should follow-up every 4 - 6 months with your orthotist to ensure proper fit and correction of your spine with the Boston Brace.

To find a clinic near you, please visit our website.

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

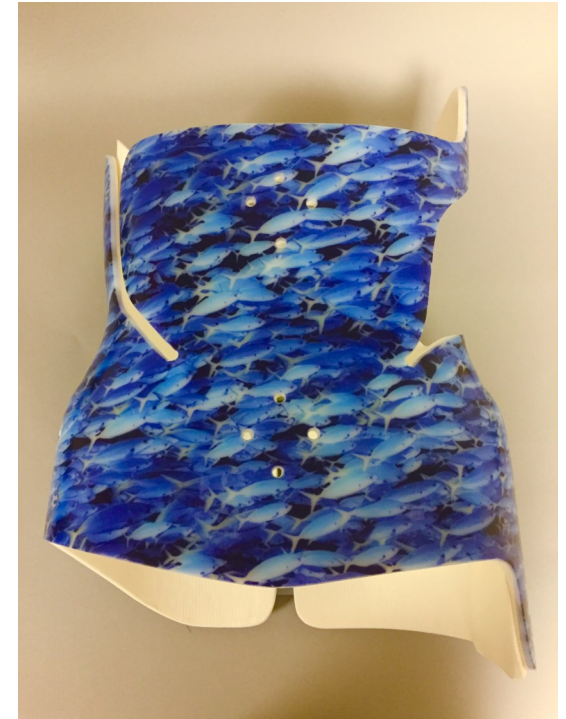
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Note: If you need to order T-shirts, please contact the Boston O&P customer service department at 508.588.6060

# The Boston Brace wear and care guide



## APPLYING YOUR BOSTON BRACE

- Ensure all straps are outside the Boston Brace and the velcro is folded. Check that the buckles are turned correctly.

- Twist into the brace and center the opening of the Boston Brace over your back so you feel your spine in the center and the crease of your buttocks in the middle of the opening.

- The waist pads should rest above your hips and below your ribs.

- Fasten the straps while bending your knees and/or leaning forward. Use a mirror to secure the strap to the recommended tension mark.

**Note:** If someone is helping you, your helper should hold the Boston Brace on the opposite side of the buckle while pulling on the strap. Your helper may also lift the edges of the orthosis to help prevent skin pinching.

If your physical therapist provides home exercises, be sure to practice them regularly to make your Boston Brace more comfortable to wear.



## BREAK-IN YOUR BOSTON BRACE

Over a period of three weeks, gradually increase the time per day in your Boston Brace. The break-in period allows your skin and muscles to adjust to the brace. Your orthopedic doctor will specify how many hours you need to wear your Boston Brace each day.

### STAGE ONE (4-5 days)\*:

- Wear your Boston Brace for 1 - 2 hours at a time, for 6 - 8 hours total each day.

- If your skin is sore or red, wait to apply the brace until the redness fades to light pink. If the redness persists longer than 30 minutes, or is accompanied by soreness or bruising, consult your orthotist.

### STAGE TWO (4-5 days)\*:

- Wear your Boston Brace for 3 - 4 hours at a time, 10 - 12 hours total each day.

- Check your skin for redness.

### STAGE THREE: (4-5 days)\*:

- Increase your wear time two hours each day until you are wearing the Boston Brace full time, typically between 18 - 23 hours a day.

- Begin wearing your Boston Brace to school and throughout the night.

- Always check your skin for abnormal redness.

### STAGE FOUR\*:

- Once you have achieved full-time wear, it is important to begin tightening the straps to the “tight marks” indicated by your orthotist.

*\*Break-in stages may differ based on patient needs*



## TAKING CARE OF YOUR SKIN

It is important to prevent skin irritation, such as soreness, redness, or raw skin while wearing your brace.

- Always wear a clean, dry, and snug-fitting shirt under the Boston Brace. Be sure there are no wrinkles in your shirt under the brace by pulling it down tightly before and after putting on the Boston Brace.

- Wear your underwear and pants over the top of the brace to prevent irritation and to make it easier use the restroom.

- If you notice areas of redness that do not fade after 30 minutes or are causing pain, blistering, or bruising, please consult your orthotist.

- Be sure to wear your Boston Brace tightly. A loose brace will cause chaffing and will not correct your spine well.

- Clean the inside of your brace daily with 70% rubbing alcohol, or soap and water.

- Avoid creams or lotions on your skin under the brace, unless recommended by a doctor or orthotist.

- Cornstarch based powder can help to relieve rashes and irritations.

- It is normal for the skin under the Boston Brace to become darker over time. The discoloration will fade once the brace treatment is complete.