

Soft Collar Wear and Care



1. Change the stockinette daily. Used stockinette can be thrown in the washer and dryer with other laundry to be cleaned.
2. If not otherwise specified by your surgeon, take 4 breaks daily for 15-20 minutes: once in the morning, once when showering, once in the afternoon, and once in the evening. Care should be taken to NOT take a break when there is a chance of falling asleep.
3. The soft collar must be worn when up and about, riding in a car, and sleeping.
4. Remember, the brace is a reminder to maintain proper alignment during the healing process. If you feel the brace is restricting a particular motion, don't do it.
5. If any of the above information contradicts instructions given by your physician, follow your physician's instructions.
6. Do not hesitate to call the office if you have any questions or problems.