

Miami J Collar

The collar will maintain your neck in the proper position while it is healing.

You must be lying flat to remove the collar unless your doctor gives you permission to do this in a sitting position. You will need a second person to help you in order to maintain the proper head, neck, and airway alignment.

CERVICAL-SPINE PRECAUTIONS: Position patient with arms to the side, shoulders down and head aligned centrally.



Do not bend your neck forward, backward or from side to side.



★ Unless otherwise specified by your doctor: Do not remove the collar except to wash under it and change the pads.

Putting collar on:

1. While the patient is lying down on his or her back, slide the back of the collar behind the patient's neck.
2. Make sure the arrows on the back of the collar are pointing up.
3. Make sure the back is centered.
4. Next put the front piece under the chin and attach straps.
5. While holding the front, alternating tighten the straps, one at a time, until the collar fits snug.

Removing Collar:

Undo Velcro straps. Remove the back of the collar, sliding out from under back if lying down. Next remove front. Before removing the collar, note where the ends of the velcro straps are. When you put the collar back on, the straps should be in the same position. You may use a pen to mark the positions on the white plastic shell.

SKIN CARE

Keeping your Miami J® and the skin beneath clean is an important part of your treatment. Daily cleaning will help to prevent skin irritation. Cleaning the collar will require at least one set of replacement pads.

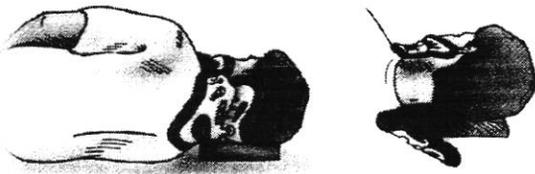
When you are at home you should shower or bathe with the collar on. After you wash you will need to take the collar off to wash your neck and change the pads.

Wash front and back of neck with mild facial soap and water and completely dry the skin. Observe for any redness or irritation under the collar, especially over bony areas like the chin, clavicles, or back of the head.

Cleaning back of the neck when the patient is lying down:

After the collar is in place, gently roll the patient onto his/her side. (Place a small pillow or folded towel under his/her cheek to prevent the head from tilting sideways.) (See pictures below)

Undo the velcro strap on the top side of the collar and fold the back down to clean and check the back of the patient's head for redness or irritation.



Cleaning pads and collar:

1. Peel the soiled blue pads off the plastic.
2. Hand wash pads with mild face soap in the sink. No harsh detergents.
3. Let pads air dry. When drying pads do not blow dry, put in a dryer, or place pads on a heater.
4. Wipe the white plastic collar shell clean with soap and water.

Changing pads:

When changing the pads, remove one pad and replace it before removing another. This prevents confusion since they are not labeled and are all different shapes. When reattaching pads fold the pads in half with the dull side out next to the Velcro (the shiny side goes against the skin).

Final Check List

- ✓ Chin is centered comfortably in the chin piece.
- ✓ Collar velcro straps oriented blue-on-blue, both tabs the same length.
- ✓ The lower plastic edge should not be resting on clavicles or digging into shoulder.
- ✓ Sides of the Back overlap the sides of the Front.
- ✓ No plastic touching the skin. Blue Sorbatex™ pads extend beyond all plastic edges.