



Brace Place is a wholly owned subsidiary of St. Croix Orthopaedics, P.A., an unsurpassed leader in this region for effective care and medical innovation in orthopaedics since 1977.

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**Brace & Insert
Reference Guide**

Wearing Your Brace:

Straps— Never wear your straps loose. Loose straps can cause rubbing and skin breakdown. If you have an ankle strap, fasten it first, then fasten the other straps.

Wear Socks— Always have a sock or stockinette between your skin and your brace. This prevents the brace from rubbing directly on the skin and causing sores. It also acts as a barrier that can wick away moisture from the skin.

Wear Shoes— If your brace accommodates a shoe, always wear both to prevent falling. The brace's plastic bottom is very slippery.

New Orthosis:

Braces— Start by wearing the brace for 30 minutes, then remove it and check your skin. If your skin looks clear, take a 30 minute break, then put the brace back on for one hour. After an hour, remove the brace and check the skin again. If the skin still looks good, take another 30 minute break, then wear the brace for two hours. Increase the wear time by one hour increments with 30 minute breaks in-between until you can wear the brace according to the prescribed time. (The prescribing physician should set your wear time. If not, please call the physician's office for this information.)

Foot Orthotics— “Inserts” should be broken in over the course of two weeks. Wear the orthotics for an hour or two, and then take them out for a couple of hours. Put them back in your shoes for another hour or two, and start to increase the wearing time each day for the first one to two weeks. After this time, you should be able to wear the inserts comfortably. If not, please call the Brace Place to discuss. All adjustments on foot orthotics are covered for at least 90 days following the initial fitting.

Skin Care:

Watch for Redness— When the prescribed wear time is achieved, continue to monitor your skin. All reddened areas should go away within 15-20 minutes of removing the brace. If the skin doesn't clear, call the Brace Place to schedule an adjustment appointment. While it is normal to have some skin discoloration under the straps and other large areas of the brace, focused redness over boney areas or elsewhere need to be taken care of immediately. Skin breakdown may result if left untreated.

Lotions— Rubbing alcohol and/or witch hazel may be used to dry out and toughen areas of pink, blushing skin. Do not use lotion on skin that comes in contact with the brace. Lotion will soften the skin and make it easier to break down.

Call Immediately— If you have an onset of swelling, severe pain, open sores, excessive stiffness or blister formation, contact the Brace Place and/or your physician immediately.

Brace Care:

Cleaning— Wash braces with mild soap and warm water. If the strap gets too dirty, or doesn't stay fastened, call the Brace Place to schedule a maintenance appointment.

Allow Sufficient Drying Time— Try not to get the straps too wet when cleaning. If they do get wet, allow them to air dry. Never wear the brace while it is wet.

Storage— Keep braces out of extreme temperatures. Exposure to intense heat or cold may damage the integrity of the brace.

Call the Brace Place with any questions.

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