

CERVICAL/NECK BRACE

Things you CAN/SHOULD do while wearing your brace:

- 1) Wear your brace anytime you are up and active.
- 2) Wear your brace anytime you are riding as a passenger in a vehicle
- 3) Do not sleep in your bed with the brace on. If you sleep in a recliner, you can try it to see how it feels alternating your brace and a travel neck pillow.
- 4) You will wear your brace until the provider tells you it's ok to stop. Timeline-4 to 6 weeks.
- 5) BRING YOUR BRACE WITH YOU TO SURGERY, you will wake up with it on.

Things you SHOULD NOT do:

- 1) Do not wear your brace and drive (no driving for 30 days)
- 2) Do not shower in your brace
- 3) Do not sleep in your bed with the brace on. If you sleep in a recliner, you can try it to see how it feels alternating your brace and a travel neck pillow.
- 4) You may remove your brace to sleep, shower, eat, lounge on the couch or in a recliner, tend to personal hygiene (shave, brush teeth, etc.).

The brace should be worn tight, but comfortable. Putting it on in front of a mirror is helpful to ensure it's on straight and that you have the "chubby cheek" effect, that way you know the brace is doing its job.

