



Wear and Care Instructions for the Aspen Vista® Cervical Collar



Use your phone's camera to scan this QR code and follow along with the video

Putting on the Brace

► Follow along with the video for best results

Your physician may request that you only take this off while laying down. If so the process is still the same just in the laying down position.

1. Open the velcro straps so that the front and back panels are separate. Now position the front panel below your chin and your chin should be resting in the chin cup.
2. Place the back panel behind your head and secure the velcro tabs to the front of the brace. The brace should be snug but not too tight. You should not feel like you're being choked. Your head movement should be very limited while wearing the brace.

HELPFUL TIP - If you have long hair, make sure that no hair is caught between your neck and the brace.

HELPFUL TIP - If your doctor allows, you can adjust the height of the chin piece when eating, to allow for more jaw movement. To do this you will pull out and turn the dial at the bottom of the front of the brace. Turning it clockwise will raise the chin cup. Turning it counterclockwise will lower the chin cup. When eating you can at most have 2 fingers between your chin and the chin cup. Once you're done eating, return the chin cup to the proper height.

Removing the Brace

Undo one of the velcro straps and remove the brace. Once off, stick the velcro strap back to the brace.

HELPFUL TIP - Check your skin every day. If your skin has red spots that stay red for more than 15 minutes after you take off your brace it could mean there is too much pressure in one spot. Take a picture of the red spot and contact our office right away.

Cleaning Instructions

If the brace gets dirty you can clean it with soap and warm water. Remove the pads and hand wash them. Rinse them well and allow them to air dry. To quicken the drying process, take a towel, roll the pads up in the towel, and squeeze the towel to help get the water out quicker. The brace must be fully dry before you put it on again.

You should have received a second set of pads with this brace. While the pads you just washed are drying you can install the new set. Make sure that the white side of the pads are facing out toward you and the grey side is what is connected to the velcro.

Wearing Schedule

Ask your practitioner or doctor what your wear time should be based on your diagnosis.