

Boston Overlap Brace

To Learn More

- Orthotics and Prosthetics
206-386-6100
- Ask your child's nurse or doctor
- www.seattlechildrens.org

Free Interpreter Services

- In the hospital, ask your child's nurse.
- From outside the hospital, call the toll-free Family Interpreting Line 1-866-583-1527. Tell the interpreter the name or extension you need.
- For Deaf and hard of hearing callers
206-987-2280 (TTY)

Putting on the brace

1. Put a clean, dry, cotton tank top on your child. Smooth out all the wrinkles.
2. Spread the brace open, and apply it to the child's body.
3. Let the brace settle onto the hips.
4. Overlap the front flaps, and loosely secure each Velcro strap, starting with the middle one.
5. Thread each strap through the metal loops, and fasten.
6. Tighten all straps until the brace is snug.

Schedule

Brace should be worn for _____ hours each day.

Cleaning the brace

1. Dampen a cloth with water, and wipe out the inside of the brace daily. Dry completely with a clean towel or paper towels.
2. Dampen a different cloth with rubbing alcohol, and wipe out the inside of the brace again. This will stop brace odor.

Clothing

- Loose-fitting shirts or blouses and sweat pants or skirts with an elastic waist are most comfortable.
- A clean, dry, cotton tank top must be worn under the brace to protect your child's skin.
- Underpants should be worn over the brace.

Seattle Children's offers interpreter services for Deaf, hard of hearing or non-English speaking patients, family members and legal representatives free of charge. Seattle Children's will make this information available in alternate formats upon request. Call the Family Resource Center at 206-987-2201.

This handout has been reviewed by clinical staff at Seattle Children's. However, your child's needs are unique. Before you act or rely upon this information, please talk with your child's healthcare provider.

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