



Caring for Braces at Home

Getting started

The feel of plastic against the skin and the way the brace looks will take some time to get used to. It feels “funny” to wear all this hardware. Here are tips that will make brace wear easier. Remember, wearing the brace gets easier over time. If you have any questions or problems, call your orthotist.

Wear time

1. Your very first time, wear the brace for one hour.
2. Remove the brace and cotton undergarment after one hour, and check the skin for red marks.
3. Leave the brace off for one hour, then put the undergarment and brace back on and wear it for two hours.

Keep taking the brace on and off, adding an hour each time, until you reach the wearing schedule set by the doctor.

Remember to check the skin for red marks each time the brace is removed.

Skin marks

- Each day, examine the skin underneath the brace for any red marks.
- All red marks should go away within 45 minutes after the brace is removed.
- Call your orthotist if you experience any of the following:
 - Excessive redness
 - Blisters
 - Sores
 - Unusual pain

Cleaning your 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.

DO NOT COVER THE BRACE WITH WATER! Moisture becomes trapped inside the brace and may cause germs to grow. This will cause the brace to smell bad.

2. Dampen a different cloth with rubbing alcohol, and wipe out the inside of the brace again. This will stop brace odor.

It's important to clean the brace every day.

To Learn More

- Orthotics and Prosthetics
206-386-6100
- Ask your child's healthcare provider
- www.seattlechildrens.org

Clothing

- Wear clean, dry, cotton underclothes underneath the brace. Change as often as needed if it becomes wet or dirty.
- Clothing should be worn over the brace.

Activities and sports

Your doctor will tell you which activities you can participate in.

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)

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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