

## Wheaton Brace

### Putting on the brace

1. Put a thin, dry, cotton sock on your child's foot.
2. Place your child's foot into the brace. The plastic foot section should be against the inside of the foot.
3. Place the heel all the way back into the brace.
4. Tighten the figure-8 strap over the front of the ankle. This will hold the heel in the correct position.
5. Tighten the leg strap. Your child's leg should not slip out of the brace.

### Schedule

Brace should be worn for \_\_\_ hours each day.

### Daily cleaning of the brace

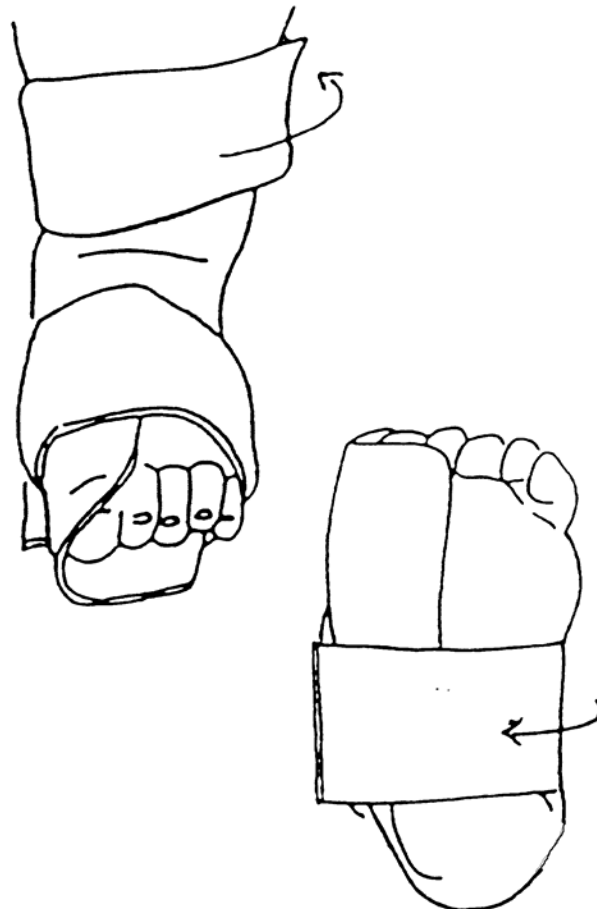
1. Dampen a cloth with water, and wipe out the inside of the brace. Dry completely with a clean towel or paper towels.

**Do not cover brace with water!** Moisture becomes trapped inside the brace and may cause germs to grow. This will cause the brace to smell.

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

### Clothing

- A thin cotton sock should be worn under the brace.
- Clothing should be worn over the brace.



#### FOR MORE INFORMATION

- Orthotics & Prosthetics, (206) 386-6100
- Your Child's Health Care Provider

*Children's will make this information available in alternate formats upon request. Please call Marketing Communications at (206) 987-5205.*

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

**Children's**

Hospital & Regional Medical Center

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