



ACE Brace™ Patient Instructions

The following are general guidelines for wearing and caring for the ACE Brace. Your doctor may alter, supersede, or oppose some of them. He knows your medical status and is using the ACE Brace as one part of your total care. It is important to follow his or her instructions exactly, even if they differ from some of the following guidelines.

1. POSITION THE BRACE

- ❑ While sitting or lying on your back, position the chest pads (or the padded chest plate) comfortably below your collar bone.
- ❑ The lower pad, marked "Bottom-Front" should be just below your stomach.

2. SECURE THE BACK STRAP

- ❑ Wrap the free end of the strap around your back, feed it through the side-pad slot, printed side down.
- ❑ (If your brace has a roller ring in the front of the brace, feed the strap through the roller ring.)
- ❑ Pull the strap until you feel resistance from the seam, then press the printed tab **FIRMLY** onto the pile strap.

TIPS

- ❑ Water will not harm the ACE Brace. You may shower, bathe, or sponge clean while wearing the brace.
- ❑ If the chest pads feel excessively tight at first, insert a folded washcloth or sponge under the pads for additional cushioning.
- ❑ Wear a soft under sleeve with the ACE Brace. This will keep your skin cool and protected.
- ❑ Suggested dressing order:
 1. Underclothes
 2. Cotton undershirt
 3. Brace
 4. Outer clothing

CAUTIONS

- ❑ Do not for any reason loosen the screws and re-adjust the brace! If it feels too long when you sit down, shift it downward. If that doesn't provide adequate comfort, see your orthotist.
- ❑ Keep the ACE Brace away from excessive heat (radiators, oven tops, etc). The ACE Brace will withstand body-heat or direct sunlight, but may suffer in temperatures greater than 160°F.
- ❑ Cover the hook part of the printed tab at the end of the strap. If exposed, it can snag clothing.

CARE

- ❑ Clean the brace with mild soap and water.

Periodically clean the hook part (printed tab) of the strap with a toothbrush. Under normal use, the fastener should not lose its grip.