

## How to care for your Exos Brace

1. If the brace becomes soiled, it can be scrubbed with a towel moistened with warm soapy water. To dry your Exos brace, you can air dry or use a hair dryer on the cool setting. **Do not dry it in the microwave. Failure to properly wash and/or dry your Exos brace can result in odor and/or the possibility of a rash.**
2. Do not stick objects under the Exos brace; this can cause infection to your skin. Also, please do not put talcum powder or corn starch inside the brace as it can cause skin irritation.
3. For itching in the Exos brace, first remove brace and assess skin. Apply unscented white cream and reapply brace. If itching continues, consider taking an antihistamine such as, Benadryl or Zyrtec.
4. During the first 48 hours, elevate the injured extremity above the heart level by propping it up on a pillow or some other support to prevent swelling. Apply an ice bag to the outside of Exos brace to help reduce swelling and/or pain.
5. Make sure to keep Exos brace from becoming too tight and dry skin completely if brace becomes fully immersed with swimming or showering.
6. Remove brace daily for a min. of 10 min. to check the skin for irritation and provide gentle skin care. Wash skin with gentle soapless cleanser and apply thick white unscented cream such as CeraVe or Cetaphil. Apply stockinette if skin irritation persists.

### Contact our office at 480-551-0300 if.....

- a. You feel a blister or sore developing inside the Exos brace or develop skin problems at the brace edges.
- b. You experience persistent numbness or tingling.
- c. Your nail beds become blue or gray and do not return pink when elevated.
- d. You experience new or severe pain.
- e. Your Exos brace develops cracks or breaks.
- f. You notice the Exos brace is not fitting well.

