

Tips for Wearing, Cleaning, Sleeping with, & Bathing with a Neck Brace (Cervical Collar)

Tips for wearing a neck brace.

You will probably receive specific instructions from your healthcare provider on wearing a collar including when and how often. Some general rules:

1. Make sure the fit of your collar is appropriate. It should be comfortable-not too tight. However, if it is too loose it will not provide you with adequate support.
2. Focus on having good posture. Try to avoid slouching or rounding out your back. Keep your head straight with your ears directly over your shoulders.
3. Try to walk a lot. Movement of the body can increase circulation to the neck.
4. Avoid carrying or lifting anything heavy. A heavy object can indirectly put strain on your neck muscles.
5. Avoid sitting in soft, low chairs. Such chairs encourage poor posture.

Tips for cleaning a neck brace.

1. You should wash your brace daily to prevent the growth of bacteria. Bacteria can lead to skin irritation.
2. Most soft collars can be washed in the sink with warm water and a gentle soap. Do not use harsh detergents, bleaches, or soaps which could irritate your skin.
3. Most hard collars can be cleaned by rinsing the front and back panels and replacing dirty pads.
4. When you put the collar back on make sure it fits correctly. Too tight and it may rub, causing skin breakdown. Too loose and it may not protect your neck.