

DANKMEYER

PROSTHETICS & ORTHOTICS

Chest Compressor for Pectus Carinatum

Wearing Instructions

The chest compressor is designed to be worn 24 hour/day, 7days/week throughout the treatment. A **few** exceptions when the orthosis can be removed temporarily are: contact sports (any sport in which a collision may cause harm to you or another player), swimming, bathing, chest cold (chronic cough).

Initially, there will be some soreness due to the forces being applied. This will begin to subside as wearing time increases and the body adjusts to these forces. It is also normal to have reddened or darkened skin at the sites where the forces are being applied. If there appears to be blistering, bruising, chafing, etc. please call your Orthotist to discuss options and/or schedule an appointment for adjustment. Darkened skin may exist throughout the treatment and will typically begin to subside within a month of discontinuing treatment. It is important to avoid use of lotions over the area in which the forces are applied as the skin may become too soft and more susceptible to blistering with use.

Application

1. Loosen the buckle on one side and open the buckle completely on the other side. Wrap the brace around the torso.
2. While standing, insert the opened strap back into the buckle.
3. Now raise the brace until the anterior (front) pad is centered over the protrusion.
4. Using both ratchet buckles (each side) begin tightening the brace symmetrically.
5. Make sure the brace is tight or else it will be ineffective and will cause blistering/chafing of the skin.
6. For the first two weeks, follow the break-in schedule. After that, the brace should be worn 24/7 to obtain the best possible results.

MAIN OFFICE: 1-800-879-1245

CUMBERLAND OFFICE: 301-777-7086 ● EASTON OFFICE: 410-822-7599 ● SINAI OFFICE: 410-5542-6500

Hours of Operation: Monday through Friday, 8:00 am - 4:00 pm

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Break-In

The longer hours can be broken up into segments if needed (e.g. 6 hours could be done as 3 hours, twice that day, etc.).

Day 1: 1-2 hours

Day 2: 2-3 hours

Day 3: 3-4 hours

Day 4: 4-5 hours

Day 5: 6-7 hours

Day 6: 8+ hours (try sleeping in it tonight if Day 5 went well)

Day 7: 10-12 hours

Day 8: 12-14 hours

Day 9: 14-16 hours

Day 10: 16-18 hours

Day 11: 18-20 hours

Day 12: 20-22 hours

Day 13: 23 hours (full time use, except bathing and sports as mentioned above)

Cleaning Instructions

Wipe pads with a damp cloth or with rubbing alcohol. Make sure the pads are dry, prior to re-applying.

If at any point you have questions or concerns, please contact your Orthotist.

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