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### **Instructions for Upper Extremity Orthosis:**

- The following instructions were designed to help you properly clean, care for, and use your new Upper Extremity Orthosis. Please read these instructions carefully and let your Orthotist know if you have any questions. Compliance with your health care providers' instructions are essential for the effective use of this device. Be sure to follow any special instructions given to you by your Physician or Orthotist, in addition to those provided here.

### **Wearing instructions:**

- Visually check your wrist and hand for any red spots when you remove the brace. If the redness area does not fade away after 20 min, call Johnson's Orthopedic and make an appointment for an adjustment. This is especially important if you are diabetic or have poor sensation in your wrist or hand. Don't feel discouraged if you feel your orthosis isn't fitting properly, this is fairly common and can be easily remedied by your Orthotist by making an appointment.

### **Care for Upper Extremity Orthosis:**

1. At least once a week, hand wash the thermoplastic sections of your brace with mild soap and water or baby wipes. If using wipes with Clorox, make sure it is completely dry before putting on patient.
2. When not wearing your brace, keep straps stuck together to prevent them from collecting lint or other materials.
3. (If applicable) Follow any washing instructions on the tag sewn into the canvas section of your brace.

### **Potential Risk and Precautions:**

1. Check your skin every day for redness, blisters, discolorations, soreness, or swelling.  
(Call our office and discontinue use of your orthosis immediately if you notice any of these systems)
2. Never attempt to adjust, repair, or otherwise modify your orthosis. The components of this device have been carefully chosen, assembled, adjusted, and secured according to your physician's prescription and the manufactures' specifications. In order to maintain the safety and effectiveness of your device, adjustments may only be made by a qualified medical professional.
3. Be sure to attend any follow-up appointments scheduled by your Orthotist. Call Johnson's Orthopedic if any unexpected problems occur.