

Lower Limb Fracture Brace

A lower limb fracture brace is worn on the leg.
The brace has been molded and/or modified specifically for you.
Always follow specific instructions given to you by your doctor and practitioner.



Wearing the brace

****Always follow the wearing instructions of the device as described by your doctor and practitioner.**

Prior to wearing the brace, it is important to check the following things:

- Make sure the brace is clean and dry.
- Make sure there are no cracks, rough edges, or worn areas on the brace.
- Make sure any rivets, straps, or fasteners are secure on the brace.
- Make sure your skin is clean and dry.
- Examine your skin and look for abnormal redness, blisters or sores **at least 1 time a day**.
- This device is designed to always be worn with stockinet between the brace and your skin. It should cover all areas of your leg that contact the brace.

**** If you find any concerns or questions, contact your practitioner before wearing the brace**

Precautions

- It is important to keep your brace and stockinette dry.
- Keep the brace away from excessive heat.
- Discuss bathing options with your physician.
- **Do not** put anything inside your brace. **Do not** cut, file, or modify your brace.
- The brace should be worn as snugly as comfortable. **Do not** over tighten the brace.
- Elevate the limb as instructed by your physician.
- Wear a shoe that ties or velcro closes on your fractured & braced leg and the opposite foot, too.
- Clean your device by spraying the inside with Isopropyl Alcohol (rubbing alcohol) and wipe dry with a clean towel. It may also be cleaned by wiping it out with anti-bacterial moist towelettes or by wiping it out with a damp towel and hypoallergenic soap and water. **Do not** immerse the device in water!
- Wash the cotton stockinette in cold water and air dry or machine dry on low. (While washing one cotton stockinette, be sure to be wearing the other one under your brace).

Be Aware of the following and immediately contact your physician if...

- Excessive swelling develops above or below the brace.
- You experience tingling or numbness.
- Toes below the brace are numb and difficult to use.
- Toes are discolored
- Moderate discomfort changes to severe and constant pain.

Be Aware of the following and immediately contact your orthotist at Clark & Associates if...

- If there are any cracks, rough edges, or worn areas on the brace.
- Any rivets, straps, or fasteners are loose on the brace.
- Your skin has abnormal redness, blisters or sores.
- If an offensive odor develops from either your brace or leg.
- The brace rubs, presses, pinches, or cause irritation.
- The brace is uncomfortably tight.