

## **Pectus Brace Wear Recommendations**

[www.childrensmercy.org/pectus](http://www.childrensmercy.org/pectus)

- Wear the brace as often as possible, preferably 23 out of 24 hours per day, excluding showering, swimming, or sports. *Remember: the brace only works if you wear it! The more you wear it, the faster it will work!*
- Check for skin blanching each time you remove the brace. If the skin does not blanch, leave it off for an hour and check again. Do not replace the brace if the skin will not blanch. Please call the Surgery Clinic Nurse Line at **(816) 234-3199** for appointment or you may choose to send a message to the General Surgery team with an attached photo of the area through Patient Portal.
- You may be sore for the first few days. Take Ibuprofen as needed for pain. Ease your way into wearing it.
- If you are ill with a cough or have an asthma flare up, take frequent brace breaks for deep breathing/coughing.
- If you wear a shirt under your brace, make sure to pull the wrinkles out.
- You will want to clean the brace as least once per week or as needed. You may use alcohol or household cleaner wipes or plain soap and water. Do not immerse in water!
- If a screw is loose, use a Phillips screwdriver to tighten it. Please do not adjust the brace except for the straps. The straps can be adjusted at home as needed.
- Try to sleep in the brace. You may feel more comfortable with extra pillows or an egg crate mattress for support.
- Perform the prescribed exercises as instructed and use good posture for the best result.

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