

Nighttime Scoliosis Orthosis

As the name suggests, a Nighttime Scoliosis brace is only to be worn at night. It may either be called a Providence or Charleston Bending Brace. It is a custom fabricated brace that is used to treat flexible curves in adolescents with scoliosis. It should only be worn by the person for which the brace was prescribed.

Application

- 1.) Apply a snug fitting shirt. Make sure there are no wrinkles.
- 2.) While standing, open the brace wide and slip into it. Align the waist pads in the brace with your natural waist (the area below your ribs).
- 3.) Carefully lie down; make sure that brace is still properly positioned on your waist.
- 4.) Loop the straps through the metal chafes. Tighten to the marks as indicated by your Orthotist for appropriate tightness.

Wearing Schedule

The best way to break-in the orthosis is to simply begin by wearing it. It takes approximately one (1) week to be able to wear brace full time. It is typical to feel sore or achy as your body adjusts to the orthosis. This will go away after a few days.

Cleaning and Maintenance

It is important that you bathe daily to prevent any skin issues. Always wear a clean, dry, snug fitting shirt under the brace. The nighttime brace may be cleaned with warm water and mild soap. It may also be disinfected with rubbing alcohol. Harsh cleaners, such as bleach, are not recommended due to the brace contacting your skin. The padding will not absorb any of the cleaning liquids, however wait until dry before wearing.

Tips & Problem Solving

- It is normal for redness to occur when wearing the orthosis, especially in areas of strong corrective pressure. As long as the redness fades and is not sensitive to the touch, it is not a cause for concern.
- You may need to work your way up to the tightness marked on the straps during the break in schedule. If you find that you are able to tighten the straps past the marks, please do so as it will enhance the correction your brace provides.
- Avoid creams, lotions or powders before putting your brace on. These soften the skin and may allow skin breakdown to occur.

Any in-brace x-rays need to be taken while lying down. The orthosis is not meant to be worn while standing and standing x-rays will not show the true correction of spine in the brace.

Please contact your Orthotist if you experience any blistering or problems with brace.

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