

Pectus Carinatum Orthosis

Wear Instructions and Brace Care Guide

Our Pectus Brace is a custom fabricated brace for the treatment of pectus carinatum, which is also referred to as “pigeon chest.” Pectus carinatum is one of the most common chest wall deformities and is most commonly noticed in males around their 11th birthday. It is characterized by the appearance of the chest protruding outward. This appearance is usually a cartilaginous deformity and/or abnormality that causes the sternum (breast bone) to become angled or be pushed outward by the ribs. Our pectus brace provides an anterior/posterior (AP) compression, which over time, helps to reposition and remodel the bones/cartilage to a normal position and shape. This treatment is most effective when started during adolescence, prior to skeletal maturity. Our pectus brace is a custom fabricated orthosis, should only be worn by the person for whom it was fabricated, and only according to physician instructions.



Wearing Instructions

The Washington O&P Pectus Brace is designed to be worn for 24 hrs/day, 7 days/week throughout treatment. There are a few exceptions to this rule in which the brace may be removed temporarily. These exceptions are: contact sports where collisions are common; swimming; bathing; and chest cold or repeated coughing.

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 reddening 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 treatment and will typically subside within a month of discontinuing treatment. It is important to avoid use of lotions over the areas where forces are being 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. Raise the brace until the anterior (front) pad is centered over the protrusion.
4. Using both buckles, begin tightening the brace symmetrically.
5. Be sure brace is tight in order to reduce 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 results.

Break-in schedule

Day 1: 1-2 hrs

Day 2: 2-3 hrs

Day 3: 3-4 hrs

Day 4: 4-5 hrs

Day 5: 6-7 hrs

Day 6: 8+ hrs (try sleeping in brace)

Day 7: 10-12 hrs

Day 8: 12-14 hrs

Day 9: 14-16 hrs

Day 10: 16-18 hrs

Day 11: 18-20 hrs

Day 12: 20-22 hrs

Day 13: 23-24 hrs

Cleaning Instructions

Our braces can be cleaned with mild soap and water, and air dried. A simple method for cleaning is to hold the brace up to a shower head and rinse with water. You may rub the interior with alcohol every one to two weeks, but usually a daily rinse of water is all that is required to maintain a clean brace.

As you grow and your body changes, further adjustments will need to be made. If your brace becomes less comfortable, no longer fits, or if at any point you have questions or concerns, please contact your Orthotist or call to schedule an appointment.



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