

## Wearing Advice

**This orthosis is for your use only.**

Your Orthotist or Health Care Professional will advise you how often to wear your orthosis and for how long.

Step 1	Wear for ½ hr
Step 2	1 hr
Step 3	3 hrs
Use during the day	
Use only at night	
Use 24 hours a day	
Use as needed	

## Further Information

For further information please to go to:



<https://www.nhsggc.scot/hospitals-services/services-a-to-z/orthotics/>

## How to Contact Us

Call the GGC Referral Management Appointment Booking Centre on:

**☎ 0800 592 087**

or email:

**@ appointmentsbookingcentre@ggc.scot.nhs.uk**

This number should be used for all enquiries from the following clinics:

**Gartnavel General Hospital**

**Glasgow Royal Infirmary**

**Queen Elizabeth University Hospital**

**New Stobhill Hospital**

**New Victoria Hospital**

**Vale of Leven Hospital**

**Royal Alexandra Hospital**

**Inverclyde Royal Hospital**

**Renfrew Health and Social**

**Care Centre**

Advice about your

# Orthosis (Brace or Splint)



Department of Orthotics

**☎ 0800 592 087**



## Please Note

This leaflet provides basic information on the correct use and care of your orthosis. If you have any further questions or concerns, please contact us.

## Skin Care

To minimise the risk of problems occurring you should **carry out the following daily:**

**Inspect the part of your body, which is in contact with the orthosis.** If required, either use a mirror or ask someone to help you with this if necessary.

If you are experiencing any discomfort or if your skin is **inflamed (hot and red) or broken** where it touches the orthosis then please **contact us immediately.**

**Keep your skin clean** and dry it thoroughly before putting on your orthosis.

**Wear a thin garment** e.g. cotton vest, or long sock between your skin and the orthosis to help absorb any sweat and to reduce the risk of chafing (rubbing).

## Care of your Orthosis

It is important that you take good care of your orthosis, as this should maximise your comfort and help it last longer.

**Keep it clean.** Wipe any **plastic parts** of your orthosis with a cloth dampened with mild soap and water and dry thoroughly.

## Please Note

Do not dry by direct heat e.g. from a fire or radiator as this may damage your orthosis.

## Safety Checks

- a. Make sure rivets and screws are tight
- b. Check straps are secure and free from cuts and undue wear
- c. Check knee joints and locks function smoothly
- d. Lubricate joints lightly using WD40 or a Teflon based spray.

## Review

If a review appointment has been booked for you after the supply of your orthosis, it is essential that you attend this. Thereafter we will discharge you from the service.

## What to do if you have a Problem

- If you feel that your orthosis is uncomfortable,
- If a fault develops (for example worn or broken straps),
- If it feels loose and is not fitting or functioning correctly.

**Do not attempt to carry out any repairs or adjustments yourself.**

**Contact us** by calling **☎ 0800 592 087** to book a return appointment.

## Accessing the Service Again

If the treatment we gave was helpful for your condition and you would like to see us again for further treatment in the future, then please either request this by calling the referral management centre on:

**☎ 0800 592 087**

or ask a Healthcare Professional to refer you back to the Orthotic service.