

Tips and Tricks

OPTIMIZING COMFORT



UNDER YOUR BRACE

- ☐ Most patients are concerned about which clothing is best to wear over the brace, but it is just as important to find something comfortable to wear *under* the brace! These garments reduce skin irritation and keep you as cool as possible.
- ☐ Avoid shirts that bunch up, or those with seams that may press into the skin and lead to discomfort.
- ☐ We recommend shirts with some spandex or "stretch" with a moisture-wicking, lightweight fabric. A non-ribbed, sleeveless tank top or short sleeve shirt is a comfortable option to wear under your brace.
- ☐ Here are some websites that offer specialty tank tops and shirts:
 - ☐ Brace for Style (braceforstyle.com)
 - ☐ Hopes Closet (hopescloset.com)
 - ☐ Embraced in Comfort (embracedincomfort.com)
 - ☐ Brace Buddies (bracebuddies.co) has gender-neutral pieces with a variety of necklines.
- ☐ Here are some other seamless tanks and camisoles that provide a snug fit and won't bunch up:
 - ☐ Amazon Emmalise Women's Built-in Bra Camisole
 - ☐ Amazon Kurve V-Neck Short Sleeve Seamless Top
 - ☐ Kohl's S0 Favorite Cami
 - ☐ Costco 32 Degrees Cool Shirts for Boys/Men
 - ☐ Short Sleeve Tees from Under Armour and other athletic brands

REDNESS

- ☐ Use Gold Bond Body Powder in the summer for heat rash.
- ☐ For red areas that contact the brace try applying foam tape as a barrier.
- ☐ Redness should go away within 15 mins of taking your brace off. If it does not go away, please contact John so he can assess the brace.

CONSULTING YOUR ORTHOTIST

- ☐ Tell John if your skin begins to bruise, you have redness that does not go away, or you feel sharp pains going down your leg or abdomen.
- ☐ Although a little bit of tenderness and discomfort is normal as your brace resists the natural curve of your body, bracing should not be causing significant pain or bruising.
- ☐ Signs that your brace may no longer fits:
 - ☐ There is no overlap on the Velcro straps.
 - ☐ You grew 1.5 inches or more since your last brace.
 - ☐ When wearing the brace your hip is not in line with your armpit.