

## Advanced Orthodynamics Inc.

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### Tips for Wearing the Chêneau Gensingen Brace

Your custom designed orthosis is constructed to realign your skeletal system to prevent or correct deformity and maintain optimal function. Because of this modelling or remodelling process, wearing your orthosis may be uncomfortable at first.

Rather than just fit you with an orthosis, your Certified Orthotist works to establish an ongoing relationship with you so that your overall function can be gradually and permanently improved. We do this by scheduling a follow-up appointment after your fitting and **encouraging you to call us whenever you feel that an adjustment is necessary**. There is no charge for this service during the six-month warranty period. As OHIP does not cover the cost of any visits, appointments scheduled after warranty period are charged at the rate of \$50 per half hour.

### Wearing In Schedule

It is important that you follow this wearing in schedule to obtain the maximum benefit from your custom fitted orthotic system.

- Wear your brace for the prescribed amount of time (at least 20 hours per day)
- If needed, relieve pressure by loosening the straps of the brace for 15-20 minutes and then re-tighten them. There is generally a 2 week adjustment period before being able to tolerate wearing the brace at maximum tightness for 20+ hours/day.
- Take care of your skin on a daily basis. This means bathing accordingly, making sure your skin is dry after showering, applying lotion, or exercising. Try to avoid using lotion as it softens the skin making it less resistant to pressure, and can lead to skin break down.
- Check your skin for irritation and red marks. Any red marks should disappear approximately 30 minutes after brace removal. If red marks last longer, a brace adjustment may be required.
- If skin breakdown (sore, cracked, red/raw skin) occurs, contact us. Most likely, the skin should be allowed to heal before the brace is worn again.
- The brace is designed to snugly fit your specific body curves. If the brace is not worn tightly, it will shift and move around. This is not making an effective correction and can cause skin irritation.
- Always wear an undershirt or tank top underneath the brace. The fit should be snug without wrinkles. Seamless shirts are preferred and the material should be breathable (cotton).  
Some websites for appropriate shirts:

[www.embracedincomfort.com](http://www.embracedincomfort.com) (sleeveless and short-sleeved shirts)

[www.hopescloset.com](http://www.hopescloset.com) (camis and thick straps)

[www.bracebuddies.com](http://www.bracebuddies.com) (long body socks)

[www.gapcanada.ca](http://www.gapcanada.ca) (Modern = breathable cotton; has seams so wear inside out)

[www.amazon.ca](http://www.amazon.ca) (Nikibiki seamless shirts)

***Your satisfaction is our primary objective. If you have any questions with regards to your orthotic management please feel free to contact us at the numbers above.***

***Our web site also provides information on our services and products.***

**Cleaning the brace:**

- Clean the brace 2-3 times per week. On the hard plastic parts, a wet cloth with a mild soap can be used. On the foam padding, just a damp cloth. Use a towel to help dry.
- Baby wipes can also be used and are mild- do not use Lysol wipes
- Try Norwex "Sportzyme" spray for cleaning [www.norwex.com](http://www.norwex.com)
- Allow to dry completely before putting the brace back on (approximately 20 minutes). • 1-2 times a month, rubbing alcohol may be used to clean the brace. Wipe out the inside of the brace and then wipe with water.

**When getting your out of brace x-ray:**

- Be sure you are out of your brace at least 24 hours.
- Stand in your natural posture
- Try to schedule the x-ray for around the same time that your other x-rays were taken (preferably in the morning)
- Put your brace on when you are finished!

**When getting your in-brace x-ray:**

- Make sure your brace is as tight as possible when taking the x-ray. You may loosen it when the x-ray is over.

**Whenever x-rays are taken please contact our office at your earliest convenience even if you don't have an appointment scheduled with us.**

**Phone: 905-527-1225**

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