



Humeral Fracture Brace



ALCAM MEDICAL O&P
FEEL BETTER - LIVE BETTER

- A humeral fracture brace is worn on the upper arm.
- The brace has been molded and/or modified specifically for you.
- The brace may or may not have an elbow joint. This is based on what was prescribed by your doctor.
- Your brace may or may not have a sling strap to help hold your arm.
- Always follow specific instructions given to you by your doctor and practitioner.

Wearing the brace

**Always follow the wearing instructions of the device as described by your doctor and practitioner.

Prior to wearing the brace, it is important to check the following things:

- Make sure the brace is clean and dry.
- Make sure there are no cracks, rough edges, or worn areas on the brace.
- Make sure any rivets, straps, or fasteners are secure on the brace.
- Make sure your skin is clean and dry.
- Examine your skin and look for abnormal redness, blisters or sores at least one time a day.
- This device is designed to always be worn with stockinette between the brace and your skin. The stockinette should cover all areas of your arm that make contact the brace.

** If you find any concerns or questions, contact your practitioner before wearing the brace

Precautions

- It is important to keep your brace and stockinette dry.
- Keep the brace away from excessive heat.
- Discuss bathing and wearing options and times with your physician.
- **Do not** put anything inside your brace. **Do not** cut, file, or modify your brace.
- The brace should be worn as snugly as comfortable. Do not over tighten the brace.
- When your arm is in the brace, try to use your hand, wrist, elbow, and shoulder as instructed by your physician.
- Clean your device by spraying the inside with Isopropyl Alcohol (rubbing alcohol) and wipe dry with a clean towel. It may also be cleaned by wiping it out with anti-bacterial moist towelettes or by wiping it out with a damp towel and hypoallergenic soap and water. **Do not** immerse the device in water!
- Wash the cotton stockinette in cold water and air dry or machine dry on low. (While washing one cotton stockinette, be sure to be wearing the other one under your brace).

Be Aware of the following and immediately contact your physician if...

- Excessive swelling develops above or below the brace.
- You experience tingling or numbness.
- Fingers below the brace are numb and difficult to use.
- Fingers are discolored
- Moderate discomfort changes to severe and constant pain.

Be Aware of the following and immediately contact your orthotist at Alcam Medical O&P.

- If there are any cracks, rough edges, or worn areas on the brace.
- Any rivets, straps, or fasteners are loose on the brace.
- Your skin has abnormal redness, blisters or sores.
- The brace rubs, presses, pinches, or cause irritation.
- The brace is uncomfortably tight.
- An offensive odor develops from either your brace or arm.

(Instructions continued on back)