

Cervical Collar (Aspen®)

Your doctor has ordered an Aspen® cervical collar for your child. A cervical collar helps hold the neck (cervical spine) in place. The neck area of the backbone is called the cervical spine. It is made up of seven bones. Ligaments and muscles help support this area. If your child has had an injury to this area, care must be taken to keep the neck in place so it may heal.

Wearing the Cervical Collar

A doctor or nurse will put the cervical collar on your child the first time. Before you leave the hospital, a nurse will teach you how to put the cervical collar on your child and how to take it off. **The cervical collar should be worn at all times unless your doctor tells you otherwise.**

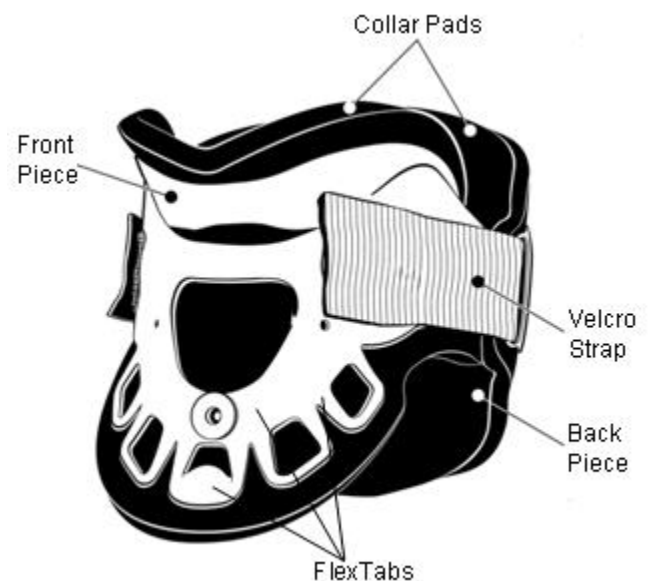
Daily Skin Care

Pressure, moisture, heat and dirt can all lead to skin redness and sores. To avoid this, keep your child's skin clean, dry and cool. At least once a day, remove the collar and wash your child's neck with mild soap and water. Dry the neck completely.

Do not put powder or lotion on the part of your child's skin that will be under the collar.

Removing the Collar

- Remove your child's collar only with the help of another person. You may remove the collar while your child is lying flat in bed or sitting.
- Before you remove your child's collar, look to see where the Velcro® straps end on the front of the collar. When you put the collar back on, the Velcro straps should be in the same position.
- After removing the collar, remove the dirty pads and replace with clean, dry replacement pads.



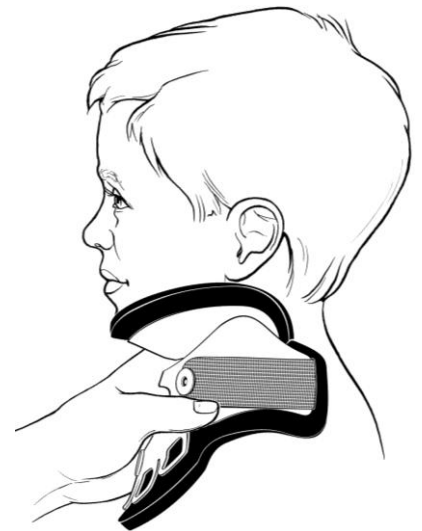
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Removing the Collar, continued

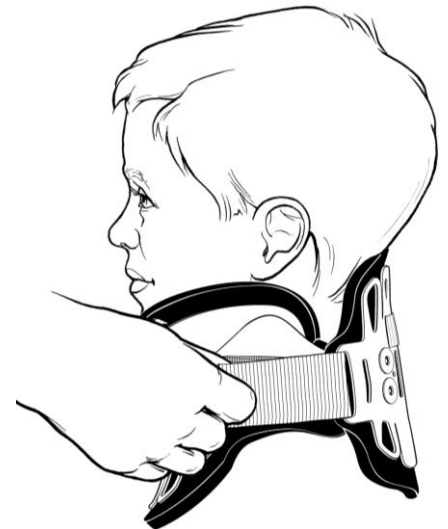
- Adjust the clean pads so the gray side grips the Velcro dots. The pads must cover all edges of the plastic to keep the plastic from touching the skin.
- To change the back pad, push the Velcro straps through the slits in the pad and then through the slots in the outer edge of the plastic.

Replacing the Collar

- To replace your child's collar, place the front of the collar so the chin comes to the front edge of the chin piece. If your child is wearing a pediatric size collar, the chin must cover the chin dots found on the chin pad of the collar.
- Place the back panel behind your child's neck. Check the writing on the Velcro straps to make sure the back is not being applied upside down.
- Attach the Velcro straps on the back piece of the collar to the front of the collar.
- Tighten one strap at a time until you have a snug fit. If your child is wearing a pediatric size collar, the green dots on the front portion of the collar must be covered by the Velcro straps.
- The FlexTabs® may be bent if they are uncomfortable for your child.



Picture 2 Replacing the front of the collar.



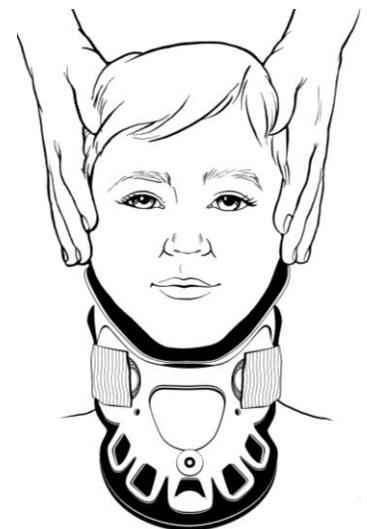
Picture 3 Replacing the back panel of the collar.

Checking the Collar Placement

When the collar has been properly applied, your child's chin should come to the front edge of the chin piece and the collar should have a snug fit.

If your child is wearing a pediatric size collar, there is a 3 step check on the right side of the Velcro strap:

- Are the chin dots hidden?
- Do the Velcro straps extend past the mark?
- Are the FlexTabs bent?



Picture 4 Correct placement of the collar.

Occipital Support Strap

The occipital support strap is found at the top of the back of the collar. When your child is out of bed, this strap provides more support.

- To tighten the support strap, squeeze the back panel with one hand
- Loosen the strap from one side and pull until tight
- Connect the strap to the Velcro patch.
- Repeat these steps for the other side of the occipital support strap.

Care of the Pads

Wash the pads by hand with mild soap and water. Rinse out all soap. Do not use bleach or detergents. Gently squeeze out all excess water. Allow to air dry. Pads will dry completely in 6 to 8 hours. Do not place pads in washer or dryer.

Activity

- Your child should not take part in sports, running or rough play while wearing the cervical collar unless your doctor tells you otherwise. He or she may engage in normal daily activities, such as walking.
- Your child may ride in a car. He should continue to be placed in a car seat (or seat belt if old enough) as before.
- Your child should not use a pillow when sleeping.

When to Call the Doctor

Please call the doctor, if your child has any of the following:

- Pain
- Numbness or tingling in arms or legs
- Weakness in arms or legs
- Your child seems to be getting worse instead of better.

Follow-Up Appointment

It is very important to follow all the instructions your doctor gives you and to keep your follow-up appointment.

Your follow-up appointment is (date)_____ at (time)_____.