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.

<table>
<thead>
<tr>
<th>Step</th>
<th>Wear for</th>
</tr>
</thead>
<tbody>
<tr>
<td>Step 1</td>
<td>½ hr</td>
</tr>
<tr>
<td>Step 2</td>
<td>1 hr</td>
</tr>
<tr>
<td>Step 3</td>
<td>3 hrs</td>
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</table>

Use during the day
Use only at night
Use 24 hours a day
Use as needed

How to Contact Us
Call the Referral Management Centre on: 0141 347 8909
Or email: AHP.Appointments@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
Tel No: 0141 347 8909
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 0141 347 8909 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: 0141 347 8909

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