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Exos Brace Care

Call the office or return to the hospital emergency room immediately if you experience any of the following:

Extreme pain
Tightness unrelieved by elevation
Progressive swelling of fingers unrelieved by elevation
Localized painful pressure
Skin burning or irritation
New or progressive numbness or tingling

Instructions:

Elevate your injured extremity the first few days after your brace is applied. Elevation of your injured arm above your heart is best to keep swelling down.

Exercise your fingers by opening and closing your fist.

DO NOT scratch under your brace. If itching is a problem, aim the hair dryer down the top of your brace and blow cool air into the brace.

If you feel like your brace isn't fitting correctly (too tight, too loose, a pressure point), please call the office so we can see you to adjust your brace.

This brace can get wet **ONLY IF YOU HAVE BEEN INSTRUCTED TO BY YOUR DOCTOR**. It is important to keep the skin under the brace dry. Use a hair dryer on a cool setting to dry the skin.

Exos braces are meant to be worn under light pressure and not tight to the skin. A little wiggle room inside an Exos brace promotes air circulation and helps maintain healthy dry skin.

*****Brace replacements may not be covered under your insurance. Take care of your brace!*****