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Pectus Carinatum Orthosis Wear Instructions and Brace Care Guide

What is pectus carinatum?

Appearance of the chest protruding outward. This is usually a cartilaginous deformity and/or abnormality that causes the sternum (breast bone) to become angled or be pushed outward by the ribs.

Wear Schedule

Day 1: Wear the brace for 2 hours

Day 2: Wear the brace for 4 hours

Day 3: Wear the brace for 6 hours

Day 4: Wear the brace for 8 hours

Day 5: Wear the brace 12+ hours. Wear overnight

Day 6: Begin fulltime brace wear. 22 hours/day

Cleaning:

Brace should be cleaned weekly with rubbing alcohol and air dried.

Precautions:

- Perform skin check
 - Remove brace everyday and check skin. Redness is normal and it should go away within 30 minutes
 - Please contact our office for any blistering or bruising
 - Remove brace for bathing and swimming
 - Do not use brace while playing contact sports