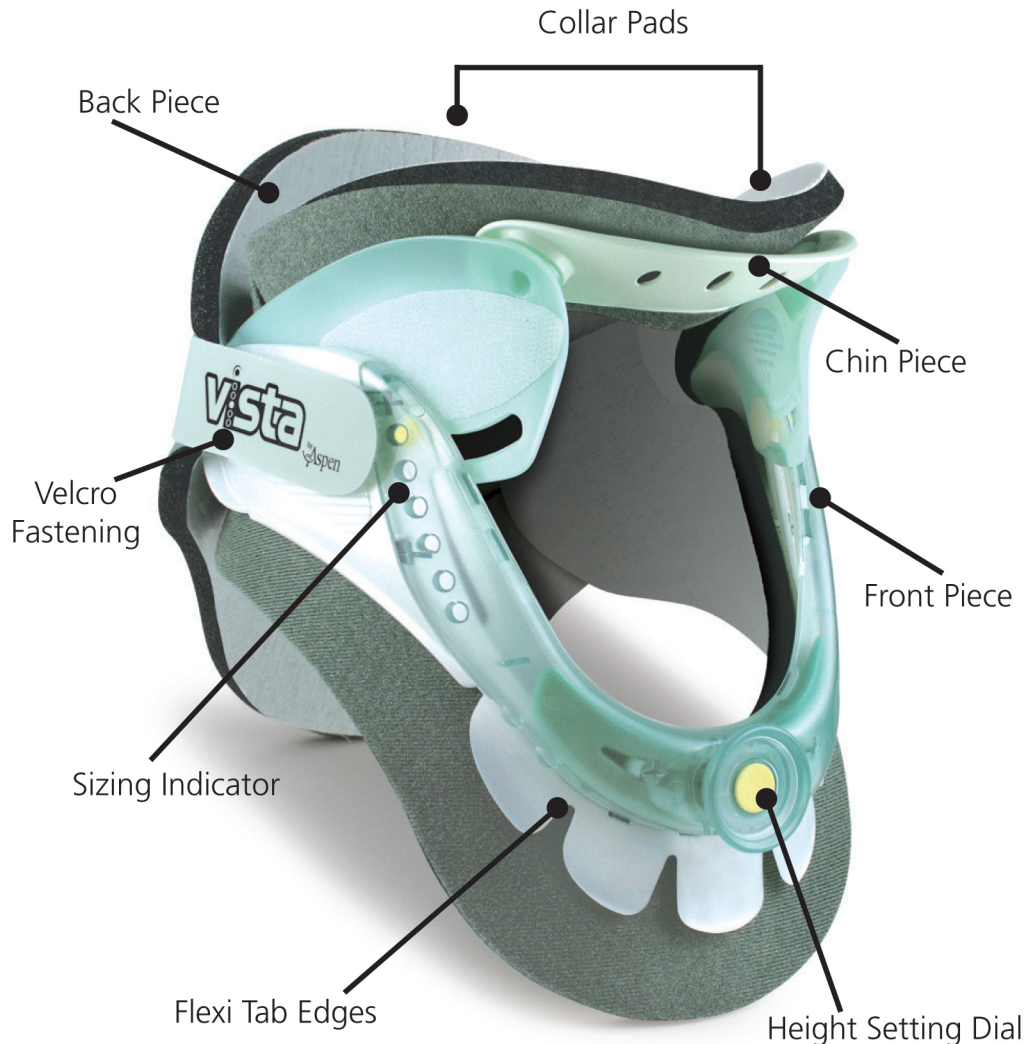


VISTA CERVICAL COLLAR USER INFORMATION LEAFLET



Vista® Cervical Collar Removal, Skin Care and Reapplication

Cleaning & Skin Care

Keeping your vista Cervical Collar and the skin beneath it clean is a very important part of your treatment. Correct cleaning will help prevent potential rashes and skin irritation. Skin checks and general hygiene around the head and neck should be undertaken in line with standard nursing practice, which can be done routinely without removing the collar by lifting the peripheral edges and gently cleaning and checking contact points for pressure.

Soiled pads can be removed and hand washed with mild detergent and left to air dry, alternatively a new set of pads can be obtained in Orthotics. However replacing pads requires collars to be removed which should only be done by a suitably qualified Professional.

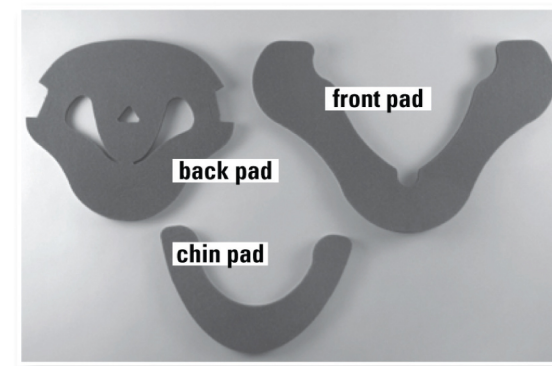
1. The pads are attached to the actual brace with small circles of hook and loop. Remove the pads and wash them with mild hand soap and water. DO NOT use bleach, harsh chemicals or machine wash. Thoroughly rinse pads with clean water. Lay the pads on a clean, dry towel and gently pat out the moisture. Let them remain on a clean dry table and allow them to air dry.

Do not machine dry. If the plastic shell becomes dirty/soiled, it can also be wiped with mild soap and water and be wiped dry or air dried.

2. Attach the replacement pads to the shell in the proper orientation - see picture below.

Note: The padding on the Vista Cervical Collar has a notable white cotton side and a notable gray side that covers the foam. The white cotton will always face out and have contact with the skin. To attach the pad correctly, fold the pads in half with the gray side out. Then center the pad in the proper location on the plastic shell, so it extends past the edges of the brace.

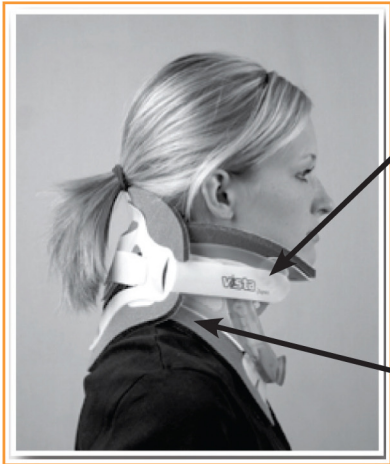
3. Adjust the pads as needed to make them extend beyond the plastic and no plastic touches the skin.



Patient Name

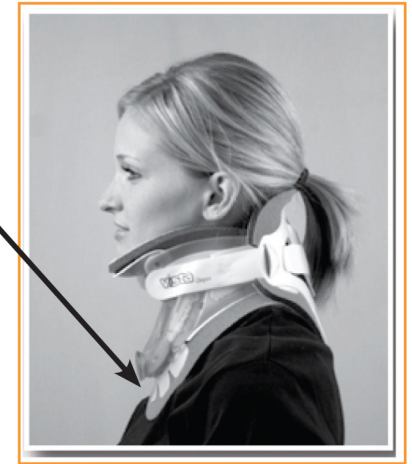
For more information please contact:

The Vista® Cervical Collar - Daily Check



Make sure you can read the word "Vista" on the velcro tabs, this will make sure the back panel is on the correct way up

Check to see that the back of the chin piece is not pressing inward on the throat, side of collar should be positioned up towards the ear not digging into the shoulder



Ensure sternal pad so is flat against the chest



Make sure pads extend beyond the plastic and no plastic touches the skin

Be sure that back panel is centered on the back of your neck



Position the chin piece directly under the chin



To tighten the collar, anchor your thumb or fingers in the tracheal opening and peel back the Velcro strap on one side. Push inward on the back edge of the side panel while pulling the loop strap out.

Now lift the strap out and re-attach it to the Velcro. Keep the back panel centered by tightening the other side equally. Repeat until all of the "slack" has been removed and a secure fit has been achieved