TYPE OF BRACE
You have been fitted with a Dynamic Compression Brace.

RECOMMENDATIONS
Try to wear the brace during the day.
Wear the brace every day.
Girls: Wear a bra without an underwire. The wire can cause skin irritation under the brace.
Avoid weightlifting using your upper body muscles during the length of your treatment.

TEST YOUR SKIN
To make sure that the Dynamic Compression Brace isn’t causing skin breakdown, you need to perform a Red-to-White Finger Test once every day.

Push down on skin with 1 finger, remove the finger and observe as your skin goes from red to white in a few seconds. If the area does not turn white, do not wear the brace until the skin turns white when you repeat the test. This usually takes 1 to 2 days.

BREATHING EXERCISES
Hold your breath for 10 seconds after taking a very deep breath in and expanding your chest. Do 10 deep breaths at least 4 times every day with the brace on. This exercise helps improve chest wall elasticity.

THINGS NOT TO DO
• DO NOT use the Dynamic Compression Brace while exercising or doing physical activity.
• DO NOT make modifications to the brace on your own. You may only adjust shoulder straps.
• DO NOT sleep on your stomach.
• DO NOT let your Dynamic Compression Brace have any contact with water.

TREATMENT PLAN
Wear your Dynamic Compression Brace for _________ hours every day.

Come to your follow-up visit on ____________________________ at ___________________am/pm.

Call your doctor’s office at 832-822-3135 for any questions you have about your Dynamic Compression Brace or treatment plan.