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C-Collar Care Card

- Spine Service: Trauma / Ortho / NSGY
- C-Collar Size: _____
- 2nd collar of same size in room: _____
- C-collar Care Done (qshift) _____
- Last Mepilex Change (q7days or PRN) _____
- Discharge Teaching: Not Needed / Started / Complete
- Discharge Teaching Method: Lying Flat / Sitting Upright

C-Collar Care Reminders

- Skin assessment and care should be done **each shift**
- Use a second caregiver to maintain c-spine precautions with care
- Look under Mepilex! Change **every 7 days**, if soiled, or folded and won't stick.
- Wash and dry the patient's neck with bath wipe or soap and water.
- Replace with second clean, dry c-collar.
- Clean the soiled pads with gentle soap and water and allow them to dry completely.
- Reattach to c-collar making sure all plastic edges are covered by padding.



Aspen C-Collar Fit Video



Mosby's C-Collar Care Video