

How to Clean Your Child's Skin When They Have a Neck Brace

It's important your child wears their neck brace until their provider says they can stop. The skin under the brace can get sore or infected. To help prevent this, you'll need to check and wash their skin every day.

Step 1: Get your supplies

- Gentle soap (baby or non-scented)
- Wash cloth
- Towel
- Clean neck brace pads

Step 2: Take the brace off

- Your child can stand or sit near the sink.
 - Your child will need to stay still until you put the brace back on.
 - Their neck needs to stay straight. They should not turn or bend their neck.
 - You may want a 2nd caregiver to help keep them still.
- Take off brace. Set it aside.

Step 3: Wash their skin

- Gently wash their face and neck. Use the gentle soap and wash cloth.
- Rinse well.
- Dry skin with towel.
- Do not put any lotions, oil, or cream on the skin.

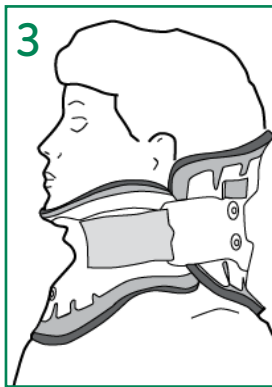
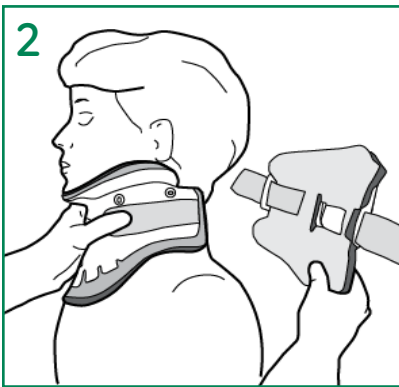
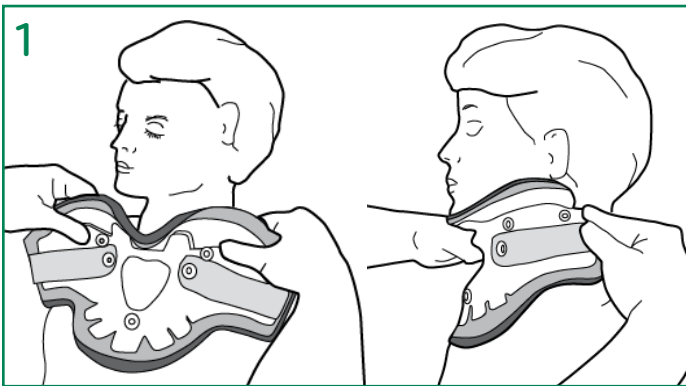
Step 4: Change neck brace pads

- Take off the dirty or wet pads.
- Put clean pads on with the grey side down. The white side should face up.
- Make sure the pads cover all edges of the brace. You don't want any plastic to touch your child's skin.

(continued)

Step 5: Put the brace on

1. Put the front part on first. Your child's chin should sit at the edge of the chin piece. It should not hang over.
2. Put the back part on the back of their neck.
3. Use the straps on both sides of the brace to connect the front and back parts. The brace should not be able to slide around once it's on. But you don't make it too tight.



Step 6: Wash used pads

- Hand wash with soap and water. Do not use a washer or dryer.
- Rinse well.
- Gently squeeze out extra water. Then let them air dry. It may take 6 to 8 hours.