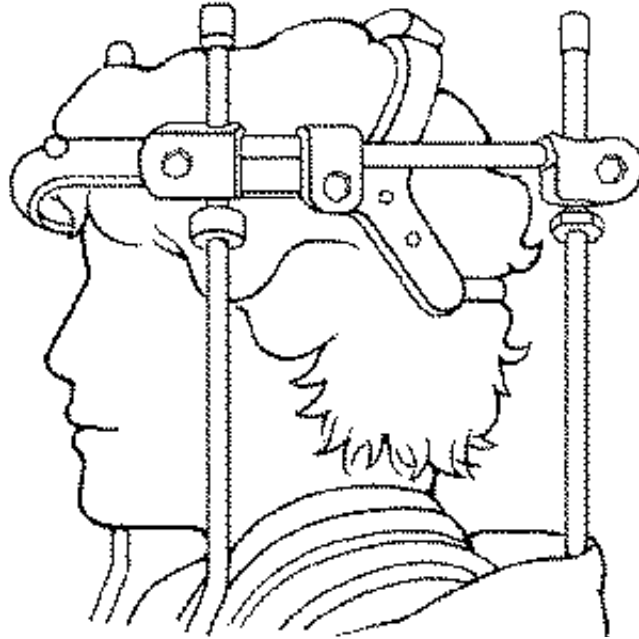


HALO



What is the brace/ why is it used:

A halo is a metal ring attached to your skull with screws. The halo is then attached to a padded vest by four metal rods. The purpose of the halo and vest is to hold your neck in place as it heals. The halo vest is put on by your doctor. A local anesthetic is applied to numb the skin where the screws will be placed.

Bathing:

Sponge bathing is permitted. Use a towel that has been wrung out in warm water. Pull it back and forth under the vest. Do not use soap, lotion or powder under the vest.

Cleaning Brace:

Keep vest dry. If liner gets wet, you can dry it by using a hair dryer on "cool" setting.

Dressing:

You may wish to wear a cotton tee shirt under the vest. Split the shoulder seams. Pull the shirt up from the bottom and fasten shoulders with pins, buttons, snaps, or velcro. A top that buttons or zips up the front can be worn over the vest.

Skin Care:

Have someone check the skin around the screws daily for redness, drainage and to make sure the screws have not slipped. If you see areas of increased redness or drainage, or feel like the screws are loosened, call your doctor. Cleanse your pin sites as recommended by your doctor.

Sleeping:

You will probably find it more comfortable to sleep with a rolled towel under your neck if sleeping on your back, or under your cheek if sleeping on your side.

Activity:

Car rides should be limited to doctor's appointments unless otherwise permitted by your doctor. Absolutely NO driving a car until your doctor allows. Further activity precautions are explained in the precaution section of this book.

Other Instructions:

Never pull on any part of the metal ring or bars.

The metal bars protruding out front can be bumped very easily and cause you some discomfort. Be careful and allow room when opening refrigerator doors, getting in and out of cars, etc. Also bumping can loosen the bolts. If this occurs, notify your doctor immediately.

Ascend/descend stairs using railing to hold onto.

Because you will not be able to see your feet when walking, look ahead. Be alert for toys, rugs, uneven floor or ground surfaces and pets.

Keep wrench attached to brace at all times for immediate use in case of emergency.

*Refer to halo vest manufacturer's booklet for more detailed information.