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A neck collar is a support for your neck. It can help to repair an injury to your spine by limiting the movement in your neck. The brace can help. With the healing process Reduce pain or discomfort Prevent further damage To act as a reminder to avoid/limit certain movements How long do I wear it for? Your doctor or consultant will tell you how long you need to wear the brace for. The brace might need to be worn for a period of 6 to 12 weeks. The amount of time that you need to wear the brace will depend on your diagnosis and the severity of your injury. Can there be complications? Your collar will not completely immobilise the movement in your neck. Further and/or additional treatment might be required. Please seek advice from your consultant/doctor. Your checklist Keep your collar properly tightened Remove it only with the help of a second person Remove it only to wash your face and neck Do not drive or operate equipment Avoid strenuous activities Sleeping Your doctor might give you specific instructions about wearing your brace for sleeping. Please speak to your doctor about when to wear your brace. If your brace is required, regular checks and repositioning may need to be carried out to reduce the risk of pressure sores. Eating and drinking We advise you to place a napkin under your chin to prevent the pads getting food or drink on them. Driving Discuss with your consultant/Doctor with regards to when you can resume driving. Wear and care Your skin must be kept clean and dry. There is a risk of skin irritation and rubbing when wearing a close fitting device to your body. Please check your skin after every use of the brace. The collar comes with padding sections to try and minimise any rubbing/skin breakage risks. If red marks on your skin do not fade after 30 minutes or your skin breaks down and causes a wound, please contact the Orthotics department for an appointment. Please contact your GP if you have any open wounds and dress them appropriately. Pad cleaning We advise to hand wash the neck collar pads with soap and water. Rinse out all soap and gently squeeze out any excess water. Allow to air dry (6 to 8 hours). Do not place the pads in a washer or dryer. Putting your collar on We advise putting the collar on either sitting or standing in front of a mirror. Fasten one of the straps on the back panel to the front panel of the brace. Only fasten one side. Place the front panel of the neck brace under your chin. Your chin should rest in line of the end of the brace. Bring the back panel around your neck. Fasten the other strap to the front panel of the neck brace. Check that the straps are straight. These should not be angled in a different position. Please note: The spine changes position dependant on if you are lying, sitting or standing. The collar will need to be regularly adjusted to ensure a good fit. If your chin falls behind the chin piece simply, follow the guidance detailed below and re-fit the collar. Please also see the instructional video: ♦ Taking your collar off NOTE: You should only remove your brace to wash your face and neck and when advised to by your doctor. We advise you to take the collar off either sitting or standing in front of a mirror. You may wish to get someone to help you. Release the strap on one side of the collar. Pull the front panel away from the chin. Keep your neck and chin still while the collar is off. To wash your face and neck: Before taking off your collar, gather the supplies you will need: soap, wash cloth, towel, and pads. Remove the collar following the instructions above. Use a face cloth to clean your face and neck. Dry your skin well before putting the brace back on. Remove the dirty pads and replace with new pads. Re-apply the neck collar. Patented sizing system offers six height adjustment settings to easily accommodate a wide range of anatomies and allows easy adjustments on the patient. Your Aspen Vista® cervical collar will help your neck to heal by supporting the bones in your neck. It also supports your chin, jawline, and the back of your head to keep you from moving your neck up and down. Do not touch the height adjustment dial. The correct position has been chosen for you. The collar must be worn all of the time unless your doctor has said something different. Depending on your injury, you may be allowed to take it off for certain activities like showering/bathing. (1 person is needed to help) Lie down flat on your back without a pillow. Do not move your head or neck during this time. While you are lying flat, the other person should follow these steps: Remove the Velcro straps on each side. Remove the collar. Remove the old pads, one at a time, and replace them with the new dry pads. Adjust the pads to make sure that no plastic touches the skin. The white cotton side touches the skin and the gray side faces out. The gray side attaches to the Velcro dots on the inside of the plastic part on the collar. Place the front piece of the collar on so your chin comes to the front edge of the chin piece. Slide the back panel under your neck from the side. Line up the back panel so that it is centered to the front panel so that the Velcro strips match up. Gently press the sides of the front panel into your neck while attaching the Velcro. Tighten the straps, one at a time, until they are the same length on both sides. The collar should fit tightly. (You can do this on your own) Sit in front of a mirror. Do not move your head or neck. Undo one side of the Velcro to remove the collar, keeping one side of the Velcro still attached. Remove one piece of old padding at a time and replace each with a new, dry pad. Put on the front of the collar first so that your chin comes to rest on the chin rest. Use one hand to hold the front of the collar in place. Use your free hand to reach and bring the back piece of the collar around to the front until the pad overlaps the side panel. Adjust and tighten the straps, one at a time, until they are the same length on both sides. Hand wash dirty pads in a sink with mild soap and water only. Wring water out thoroughly and air dry pads on a flat surface. Wipe the plastic shell of the collar with mild soap and water. Rinse and towel dry the shell. Do not use the washing machine or dryer for your collar and pads. Keep the collar on in the bath/shower unless your doctor has told you to take it off In the tub, you may want to use: Bath mats, grab bars and/or a shower chair Another way of bathing is when another person is helping you take off the collar While you are lying down, the other person can wash your neck with mild soap and water and then dry your neck You can also have someone shave you at this time (you may find an electric razor easier to use) Are your head and neck in a straight line? Is your chin in contact with the chin piece of the collar? Is the collar loose? Is the collar under your ears? There are two ways to put on and take off your collar. Check with your nurse or doctor about the best way for you, based on your injury. Call your family doctor, Sunnybrook doctor, or go to your nearest hospital if you are having any of these problems: More neck pain than usual and your pain medications are not helping New weakness, numbness, or tingling in your arms or legs Make sure to check with your doctor before you begin driving a car or other motor vehicle. Skip to main content Learn how to properly apply and care for your Aspen brace. VRTX COLLAR VRTX TLSO/LSO VRTX CTO/CTO4 VRTX CTLSO Vista® Cervical Collar Vista® 627 Lumbar Vista® 631 LSO LoPro Vista® 637 LSO Vista® 464 TLSO Horizon™ PRO 456 Horizon™ PRO 627 Horizon™ PRO 631 Horizon™ PRO 637 Horizon™ PRO 639 I am text block. Click edit button to change this text. Lorem ipsum dolor sit amet, consectetur adipiscing elit. Ut elit tellus, luctus nec ullamcorper mattis, pulvinar dapibus leo. Product InstructionsReorder Pads