

## Activity

- Your brace must be worn at all times **except** when you lie down.
- Check with your doctor about sleeping with your brace.
- Do not drive.
- Depending on your job, going back to work should be gradual, as it will be hard to sit or stand for long periods of time.
- If your back hurts during sex then STOP! On top or bottom is up to you, whichever one is most comfortable for you at the time.
- Keep things close to you to avoid reaching for them.
- Avoid lifting object more than 5lbs.

## Hygiene

- Wear a t-shirt under your brace to prevent rubbing and possible skin irritation.
- You can clean your brace when it is dirty.
- To wash the brace simply use water and a mild soap. Rinse very

well! Someone else must wash the brace for you.

- **Your brace must always be worn when you are out of bed.**

## When to Call the Doctor

**If you have any of these symptoms call your doctor:**

- Shortness of breath and/or chest pain
- Temperature above 38°C / 100.4°F
- Swelling, redness, or pain at your incision site
- Any drainage from the incision site
- Your brace breaks



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Projet d'informatique médicale Molson de McGill  
McGill Molson Medical Informatics



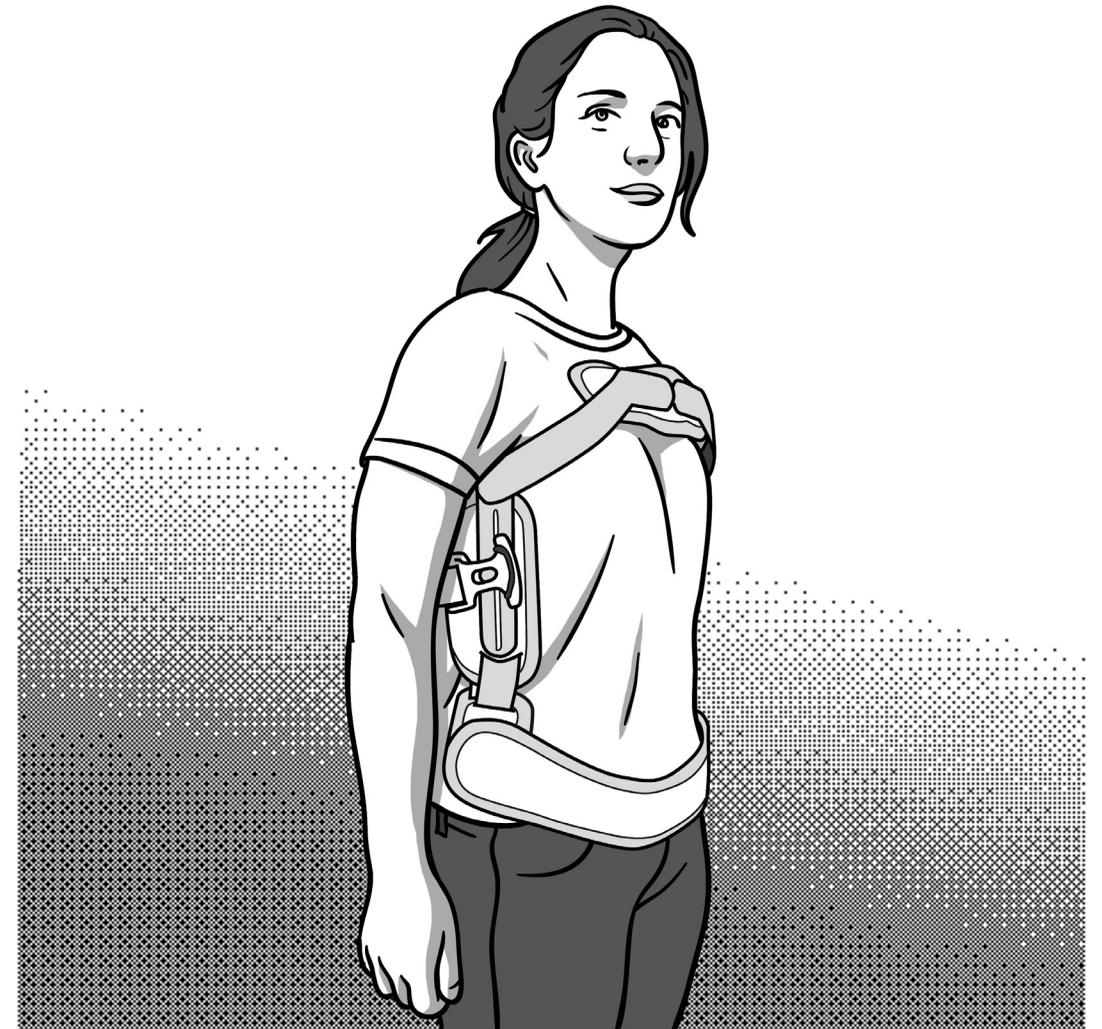
Portefeuille de l'éducation du CUSM  
The MUHC Education Portfolio

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## Going home?

# We've got YOUR back!



## What you need to know about YOUR Jewett Brace

**Your doctor has ordered a Jewett Brace for you to wear whenever you are out of bed. The purpose of the brace is to keep your spine straight throughout your recovery following surgery or injury.**

**You may find it hard to move around as freely with your brace. But it is important to remember that the brace is made so that you cannot do certain movements and to allow your spine to heal properly.**

## What is it?

The Jewett Brace is a metal brace that is fitted around your upper body. There are 3 areas that come in contact with the brace (the breast bone, lower abdomen and lower back).

The brace is designed with a single strap that wraps around your body to make it easier to put on and take off.

## Wearing the brace

Your doctor will decide how long you need to wear your brace.

At first your brace will feel a little bit uncomfortable, but it is important to realize that it stops you from any bending motions that would curve your spine.

## How to PUT IT ON

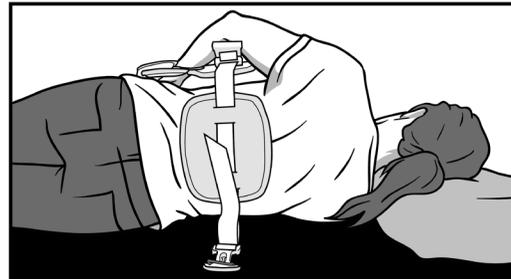
**1.**

**Lie down on your back on the bed. Put the metal brace on your chest.**



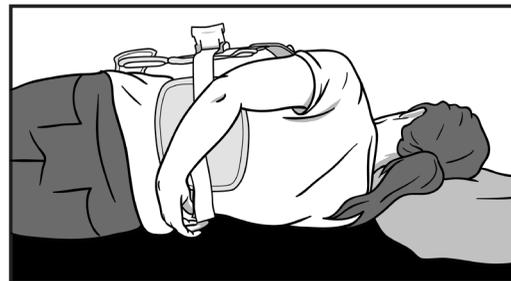
**2.**

**Avoid twisting your spine by rolling your whole body over to one side at the same time.**



**3.**

**Tuck the back strap around and under your back to the other side.**



**4.**

**Roll back onto your back.**



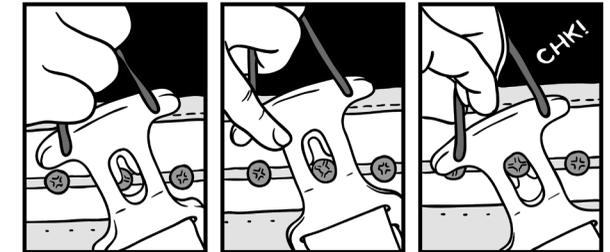
**5.**

**On your right side, pull the blue cord of the buckle...**



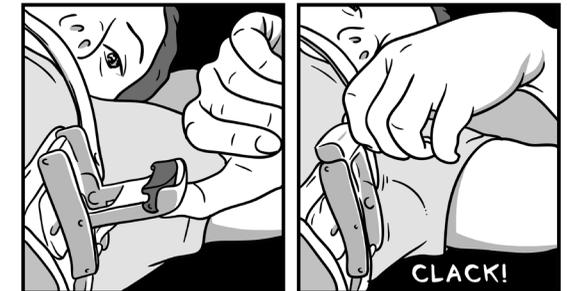
**6.**

**...hooking the buckle's housing on the protruding screwhead.**



**7.**

**Finally, tension the brace by closing the buckle on your left. Now get up out of bed.**



## How to TAKE IT OFF

**Lie down in bed and reverse the steps. Like a seatbelt, press down on the blue button and unclip the clamp. Then unhook the buckle. Roll yourself away from the brace and slide it out from underneath you.**