

# Lower Limb Fracture Brace

A lower limb fracture brace is worn on the leg.  
The brace has been molded and/or modified specifically for you.  
Always follow specific instructions given to you by your doctor and practitioner.



## Wearing the brace

\*\*Always follow the wearing instructions of the device as described by your doctor and practitioner.

Prior to wearing the brace, it is important to check the following things:

- Make sure the brace is clean and dry.
- Make sure there are no cracks, rough edges, or worn areas on the brace.
- Make sure any rivets, straps, or fasteners are secure on the brace.
- Make sure your skin is clean and dry.
- Examine your skin and look for abnormal redness, blisters or sores ***at least one time a day***.
- This device is designed to always be worn with stockinette between the brace and your skin. It should cover all areas of your leg that contact the brace.

\*\* If you find any concerns or questions, contact your practitioner before wearing the brace

## Precautions

- It is important to keep your brace and stockinette dry.
- Keep the brace away from excessive heat.
- Discuss bathing options with your physician.
- ***Do not*** put anything inside your brace. ***Do not*** cut, file, or modify your brace.
- The brace should be worn as snugly as comfortable. ***Do not*** over tighten the brace.
- Elevate the limb as instructed by your physician.
- Wear a shoe that ties or velcro closures.
- Clean your device by spraying the inside with Isopropyl Alcohol (rubbing alcohol) and wipe dry with a clean towel. It may also be cleaned by wiping it out with anti-bacterial moist towelettes or by wiping it out with a damp towel and hypoallergenic soap and water. ***Do not*** immerse the device in water!
- Wash the cotton stockinette in cold water and air dry or machine dry on low.

### **Be aware of the following and immediately contact your physician if:**

- Excessive swelling develops above or below the brace.
- You experience tingling or numbness.
- Toes below the brace are numb and difficult to use.
- Toes are discolored
- Moderate discomfort changes to severe and constant pain.

### **Be aware of the following and immediately contact your orthotist at Alcam Medical O&P.**

- If there are any cracks, rough edges, or worn areas on the brace.
- Any rivets, straps, or fasteners are loose on the brace.
- Your skin has abnormal redness, blisters or sores.
- If an offensive odor develops from either your brace or leg.
- The brace rubs, presses, pinches, or cause irritation.
- The brace is uncomfortably tight.