

How to Care for your EXOS® Brace

Your EXOS® brace is a lightweight, durable, and adjustable medical brace designed to support healing while allowing you to stay active. Proper care of your brace helps ensure comfort, protects your skin, and allows the brace to work as intended throughout your recovery.

Wear It Right

- ✓ Your EXOS® brace is designed to be **adjustable and comfortable** – it should fit snugly, but **not too tight**.
- ✓ Leave a small amount of “wobble room” for air circulation and healthy skin. Over-tightening can irritate the skin and cause discomfort.
- ✓ If it feels too tight, painful, numb, or causes discoloration, contact your healthcare provider.

Protect Your Skin

- ✓ **Keep your skin clean and dry** under the brace – this helps prevent irritation, rash, and odor.
- ✓ If recommended by your clinician, consider wearing an undersleeve under the brace to reduce moisture and improve comfort.
- ✓ **Do not apply moisturizers, lotions, or creams** directly on the skin beneath the brace, as this can trap moisture and irritate the skin.

Getting the Brace Wet

- ✓ EXOS® braces are **water-resistant** – you may be able to wear them while **showering or swimming** if your clinician says it's okay.
- ✓ If you do get the brace and skin wet, **they can't stay wet** – you must dry them completely afterward to avoid skin irritation and odor buildup.

Cleaning Your EXOS® Brace

Follow these simple steps to clean your brace properly:

1. **Loosen or remove** the brace as instructed by your clinician.
2. Use **warm, soapy water** (mild antibacterial soap) to gently wash **inside and outside** of the brace and the skin beneath.
3. **Rinse thoroughly** with clean water to remove all soap.
4. **Dry completely:** Using a **hair dryer on a cool setting** helps dry the interior of the brace and your skin. A dry interior is essential to prevent odors and skin problems.
5. Once fully dry, **retighten** the brace – but **don't over-tighten**.

When to Contact a Clinician

Call your healthcare provider right away if you notice:

- Increasing pain, numbness, or tingling
- Skin redness, sores, or rash under the brace
- Numb, cold, or discolored fingers/toes
- A brace that no longer fits securely or becomes damaged

Tips for Daily Comfort

- Wear a soft, breathable layer under your brace (if recommended)
- Check skin daily for irritation
- Dry thoroughly after getting wet
- Adjust tension as swelling changes