

Your **EXOS® brace** is a lightweight, durable and adjustable medical brace designed to support healing while letting you stay active. Caring for it properly keeps it comfortable, protects your skin, and helps the brace work as intended throughout your recovery.

WEAR IT RIGHT

- Your brace should fit **snugly, but not too tight**.
- Leave a little “wiggle room” for air circulation and healthy skin. Over-tightening can irritate your skin and cause discomfort.
- If it feels too tight or painful, or causes numbness or colour change, loosen it and contact the fracture clinic.

PROTECT YOUR SKIN

✓ Do

- **Keep your skin clean and dry** under the brace, to help prevent irritation, rash and odour.
- Wear an undersleeve under the brace if your clinician recommends it, to reduce moisture and improve comfort.

✗ Do not

- Put **moisturisers, lotions or creams** on the skin under the brace. They can trap moisture and irritate the skin.

GETTING THE BRACE WET

- EXOS® braces are **water-resistant**. You may be able to wear yours while **showering or swimming**, but only if your clinician says it's okay.
- If your brace and skin get wet, **they can't stay wet**. Dry them completely afterwards to avoid skin irritation and odour.

CLEANING YOUR BRACE

1. **Loosen or remove** the brace as instructed by your clinician.
2. **Wash** the inside and outside of the brace, and the skin underneath, gently with warm, soapy water (a mild antibacterial soap).
3. **Rinse** thoroughly with clean water to remove all the soap.
4. **Dry completely**. A hairdryer on a cool setting helps dry the inside of the brace and your skin. A dry interior is essential to prevent odour and skin problems.
5. **Re-tighten** the brace once it is fully dry, but don't over-tighten it.

Call the fracture clinic if

- You have increasing pain, numbness or tingling
- You notice redness, sores or a rash under the brace
- Your fingers or toes become numb, cold, pale or blue
- Your brace no longer fits securely, or becomes damaged

Phone (07) 5346 8000 · Email fracture@balanceortho.com.au

Outside clinic hours: if you have any of the symptoms above and can't reach the clinic, go to your nearest emergency department.