

## Unloader Knee Brace

### Wear and Care Instructions

You have been fit with an unloader knee brace as prescribed by your doctor. It is extremely important that you follow the specific instructions given to you by the medical professional that is working with you, as well as following the guidelines below.

#### Donning Instructions

- Sit on a chair with your leg out in front of you and a slight bend at the knee.
- Position the brace so that the hinge is just above the bend in your knee. It may be on the inside or outside depending on the brace.
- Secure the thigh strap by putting the yellow buckle in the yellow slot, and then close the buckle.
- Secure the calf strap by putting the blue buckle in the blue slot, and then close the buckle.

#### Wearing Instructions

- The device may be worn directly against skin.
- It is normal to experience some discomfort as you acclimate to the device. Begin use of the brace gradually, following the wear schedule designated by your orthotist.
- Your brace is meant to be worn while you are awake and active.
- Check your skin frequently at first for irritation and redness that does not fade after 20 minutes.
- Your brace may need to be adjusted over the course of the day, as it may slip down your leg.

#### Cleaning and Maintenance

- Your device can be wiped down using a damp cloth or rubbing alcohol. Soft goods on the brace may be hand washed with mild detergent. Allow to thoroughly air dry before putting it on.
- Keep the brace away from excessive heat to prevent damage. Do not dry with a hair dryer or heater.
- Any skin covered by the orthosis should be cleaned daily.
- Do not attempt to modify your own device. Inspect your device daily for any signs of damage or wear.

#### When should I call Berke Prosthetics & Orthotics?

- If irritation, persistent redness, or pain develop, discontinue use immediately and contact your orthotist.
- If you undergo significant weight or volume change that causes your device to fit too tight or too loose.
- If your device is damaged or in need of repair.

If you have skin irritation or ongoing discomfort with the use of your device; **discontinue using it immediately** and contact Berke Prosthetics & Orthotics at (650) 365-5861. If you have any questions about the use of your device, please contact the office.