

Westcoast Pectus Carinatum Compressor

Wear and Care Instructions

Wearing Instructions

The WPC compressor is designed to be worn for 24 hours a day 7 days a week throughout the treatment. There will be a few exceptions to this rule in which the WPC can be removed temporarily. These exceptions are: contact sports (any sport in which a collision may cause harm to you or another player), swimming, bathing, chest cold (chronic cough).

Initially, there will be some soreness due to the forces being applied. This will begin to subside as wearing time increases and the body adjusts to these forces. It is also normal to have reddened or darkened skin at the sites where the forces are being applied. Darkened skin may persist throughout the treatment and will typically begin to subside within a month of discontinuing treatment. If there appears to be blistering, bruising, chafing, etc., please contact your orthotist to discuss options and/or schedule an appointment for an adjustment. It is important to avoid use of lotions over the area in which the forces are applied as the skin may become too soft and more susceptible to blistering with use.

Application

1. Loosen the buckle on one side and open the buckle completely on the other side. Wrap the WPC around the torso.
2. While standing, insert the open strap back into the buckle.
3. Raise the WPC until the anterior (front) pad is centered over the protrusion.
4. Using both ratchet buckles on each side, begin tightening the WPC symmetrically.
5. Make sure the brace is tight, otherwise it will be ineffective and will cause blistering and chafing of the skin.
6. For the first two weeks, follow the break-in schedule. After that, the brace should be worn 24/7 to obtain the best results.

Break-In

The longer hours can be broken up into segments if needed (i.e. 6 hours could be done as 3 hours twice that day).

Day 1: 1-2 hours

Day 2: 2-3 hours

Day 3: 3-4 hours

Day 4: 4-5 hours

Day 5: 6-7 hours

Day 6: 8+ hours (try sleeping in it if Day 5 went well)

Day 7: 10-12 hours

Day 8: 12-14 hours

Day 9: 14-16 hours

Day 10: 16-18 hours

Day 11: 18-20 hours

Day 12: 20-22 hours

Day 13: 23 hours (full time use, except bathing and sports as mentioned above)

Cleaning Instructions

The pads can be removed easily for cleaning. Wipe with a damp cloth or with rubbing alcohol. Make sure the pads are dry prior to re-applying.

If at any point you have questions or concerns, please contact your orthotist.