



NEUROSURGERY AND SPINE

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CERVICAL (NECK) BRACES

If you require cervical spine surgery you may need to wear a neck brace to support your neck during the post-operative healing process. The purpose of the neck brace is to limit neck movement and maintain stability while the spine heals, after all, moving your neck is a pretty routine and natural process so the brace prevents accidental excessive movement.

Before your surgery our office will fit you for a custom neck brace and show you how to wear and use the brace.

The number one thing you must remember about a post-operative neck brace is that it is designed to be worn with a snug fit. It is important that you maintain this snug fit, so please be sure to always adjust the brace so it is not too loose or too tight.

Other general instructions for the use of a neck brace include:

⇒ **Wear at all times except:**

- When sleeping
- When eating
- When showering

⇒ **It is important that the cervical brace must be worn whenever you are up and moving, regardless of the activity.**

⇒ **You must wear the cervical brace whenever you are riding in the car.**

⇒ **If you are sitting still (such as when watching TV) you may remove the brace for short periods of time.**

⇒ If you are sitting and performing activities which require you looking down (such as sewing, reading, use of smart phone or tablet) **it is best if you wear your brace to avoid excessive tilting of your head causing bending of your neck downward.**

