



# KNEE ORTHOSIS

*Understand your condition.  
Know your next steps.*

## ***Wear-in schedule***

It is necessary to follow a gradual increase in wear to build up your skin and soft tissue tolerance to the brace. Unless otherwise instructed, begin by wearing the brace two to three hours your first day. Add one hour per day as tolerated until you are comfortable wearing the brace full time and do not experience any red marks or pressure sores on the skin.

The knee brace ordered by your provider is designed to help support your knee. It is to be worn during waking hours or for specific activities, which you may want to discuss with the ordering provider.

## ***Skin care***

Check your skin after every wear period for any new signs of redness or irritation. This is especially important if you are diabetic or have a lack of protective sensation in your legs. Your brace should fit snugly but not

cause any pain, bruises, or blisters. Some amount of pinkness is expected in areas of maximum correction or support. Any redness should disappear within 15 minutes of removing the brace. If you feel pain, or if redness on your skin lasts more than 15 minutes, call the office to schedule a follow-up appointment to have the brace adjusted.

It is important to keep your skin clean to avoid irritations. Mild soap and water are recommended. Do not use lotions, oils, or ointments under your brace. If needed use sparingly and allow to dry before putting the brace on.

## ***Clothing***

Most knee braces are intended to be worn directly next to the skin. A well-fitted, wrinkle-free cotton sleeve can also be worn to help minimize skin irritation, absorb perspiration, and contain soft tissues. This can improve suspension of the brace to the leg.

For expert advice on how to stay healthy and active, visit [summitortho.com](https://summitortho.com).

BRACING APPOINTMENTS (651) 968-5700



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## Care of your brace

- » Usually knee braces are worn directly next to your skin, so frequent cleansing is important. Your brace can be cleaned with a wash cloth and mild, soapy water. If your brace has removable pads, they should be hand-washed with mild detergent, rinsed thoroughly, and air-dried. Saddle soap can be used on leather portions. Make certain all soap residue is removed and the brace is completely dry before reapplying.
- » A hair dryer on cool setting can be used to help dry the brace.
- » Wash and rinse thoroughly if exposed to salt water.
- » Do not expose your brace to extreme temperatures (such as a closed car on a hot, sunny day).
- » If the hinges start to squeak, feel free to apply some dry lubricant such as Brace Eze, Teflon, silicone spray, or PAM.
- » Occasionally check for signs of wear. If you think repairs are needed, call for an appointment.

## WHEN TO CALL FOR AN APPOINTMENT

You should see a bracing specialist for a follow-up appointment within a few weeks of receiving your brace. Please call if you notice the following:

- » You have developed red areas or pressure sores from your brace
- » You have had a significant weight change and your brace is too loose or too snug
- » You are experiencing new pain in other areas of your body (knees, hips or back)
- » The straps or Velcro no longer hold tight, or other material is worn
- » You have any questions or concerns

*Never attempt to adjust or repair the inserts yourself.*

## NOTES

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