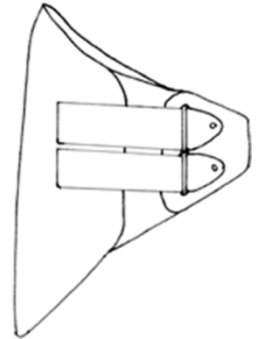




Scoliosis Night Brace

Your night brace is made to keep your scoliosis from getting worse. It does this by straightening the curve as much as possible while you sleep. When you wake up and take the brace off, your back will return to the way it was before you put the brace on.



Scan to watch "Nighttime Bracing for Scoliosis" or go to YouTube channel:

<https://www.youtube.com/MyChartScottishRiteforChildren>

See **Scoliosis & Spine**, then select **View Full Playlist** under **Bracing for Scoliosis at Scottish Rite**.

Putting on the Brace

Wear a T-shirt under the brace, preferably one that is long and tight fitting. Open up the brace and slide it around your body. Lay down on your bed. Move the brace up or down until the waist roll fits in your waist between your ribs and the top of your hip bone. Tighten the straps to the black marks your orthotist drew. If the T-shirt wrinkles and is uncomfortable, pull on the fabric to smooth out the wrinkles.

Wearing the Brace

It is important that the brace is worn snugly all night, every night. Take it with you if you go on vacation or to a friend's house. You may have difficulty sleeping for the first few nights, but it will get easier.

Taking Care of the Brace

To help prevent skin irritation, the inside of the brace must be cleaned at least once a month, or more often as needed. Use a cloth to wipe the brace clean using soap and water.

Taking Care of Your Skin

The brace pushes firmly on your body and will cause redness of your skin. The redness will fade while the brace is off. If the red marks do not fade or you develop a sore, your brace needs adjustment. If this happens, call the orthotics department to set up a time to have your brace adjusted.

Questions or Concerns?

Call the Orthotics department if you have any problems or concerns with your child's brace:

Dallas 214-559-7440

Frisco 469-515-7240