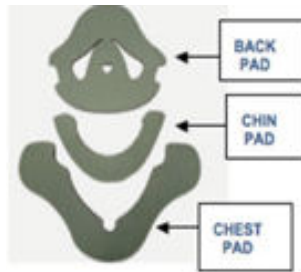


## How to Care for Your Aspen Vista Collar

Your Aspen Vista® cervical collar will help your neck to heal by supporting the bones in your neck. It also supports your chin, jawline, and the back of your head to keep you from moving your neck up and down. Do not touch the height adjustment dial. The correct position has been chosen for you. The collar must be worn all of the time unless your doctor has said something different. Depending on your injury, you may be allowed to take it off for certain activities like showering/bathing.

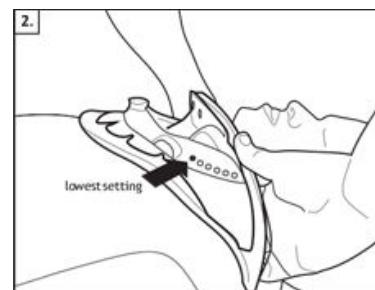
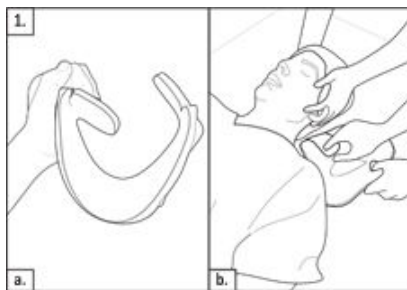


### Applying Your Aspen Collar and Changing the Pads

#### Option 1: Lying down method (1 person is needed to help)

Lie down flat on your back without a pillow. Do not move your head or neck during this time. While you are lying flat, the other person should follow these steps:

1. Remove the Velcro straps on each side.
2. Remove the collar.
3. Remove the old pads, one at a time, and replace them with the new dry pads.
4. Adjust the pads to make sure that no plastic touches the skin. The white cotton side touches the skin and the gray side faces out. The gray side attaches to the Velcro dots on the inside of the plastic part on the collar.



These instructions are not intended to be all-inclusive, and may not cover all possibilities. If you have any questions or concerns, please contact your doctor, Telehealth Ontario (866)797-0000, or return to the emergency department.



### Applying Your Aspen Collar and Changing the Pads

5. Place the front piece of the collar on so your chin comes to the front edge of the chin piece. Slide the back panel under your neck from the side.
6. Line up the back panel so that it is centered to the front panel so that the Velcro strips match up.
7. Gently press the sides of the front panel into your neck while attaching the Velcro.
8. Tighten the straps, one at a time, until they are the same length on both sides. The collar should fit tightly.



### Option 2: Sitting up/mirror method (You can do this on your own)

1. Sit in front of a mirror.
2. Do not move your head or neck.
3. Undo one side of the Velcro to remove the collar, keeping one side of the Velcro still attached.
4. Remove one piece of old padding at a time and replace each with a new, dry pad.
5. Put on the front of the collar first so that your chin comes to rest on the chin rest. Use one hand to hold the front of the collar in place.
6. Use your free hand to reach and bring the back piece of the collar around to the front until the pad overlaps the side panel.
7. Adjust and tighten the straps, one at a time, until they are the same length on both sides.

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*Inspiring care...*

## Cleaning your Collar and Pads

1. Hand wash dirty pads in a sink with mild soap and water only.
2. Wring water out thoroughly and air dry pads on a flat surface.
3. Wipe the plastic shell of the collar with mild soap and water.
4. Rinse and towel dry the shell.

Do not use the washing machine or dryer for your collar and pads.

## Bathing and Shaving

- Keep the collar on in the bath/shower unless your doctor has told you to take it off
- In the tub, you may want to use:
  - ✓ Bath mats, grab bars and/or a shower chair
- Another way of bathing is when another person is helping you take off the collar
  - ✓ While you are lying down, the other person can wash your neck with mild soap and water and then dry your neck
  - ✓ You can also have someone shave you at this time (you may find an electric razor easier to use)

## Check the Fit:

- Are your head and neck in a straight line?
- Is your chin in contact with the chin piece of the collar?
- Is the collar loose?
- Is the collar under your ears?

## When to call your Doctor:

Call your family doctor or go to your nearest hospital if you are having any of these problems:

- More neck pain than usual and your pain medications are not helping
- New weakness, numbness, or tingling in your arms or legs

**Make sure to check with your doctor before you begin driving a car or other motor vehicle.**



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