



PATIENT HANDBOOK



The Vista[®] Cervical Collar Components



Patient Name

Date and Time

Department and Floor

Hospital/Facility

City, State

INTRODUCTION

Please bring all teaching sheets and discharge information with you if you return to the hospital or physician's office/ clinic for follow-up care. If you have any questions, please call

Aspen Medical Products at 800-295-2776.

Vista® Cervical Collar by Aspen®

Your physician has determined that wearing the Vista Cervical Collar will help your recovery. The Vista Cervical Collar is a two piece cervical collar that is designed to keep the upper portion of your spine from moving too much. Not being able to shake your head "yes" or "no" may seem unusual, but limiting these types of motions are an important part of your treatment.

These instructions will help explain the things you need to do and be aware of in order to properly apply and care for your Vista cervical collar. Adhering to these guidelines and your physician's instructions will help ensure safe and effective cervical care.

Vista® Cervical Collar Removal, Skin Care and Reapplication

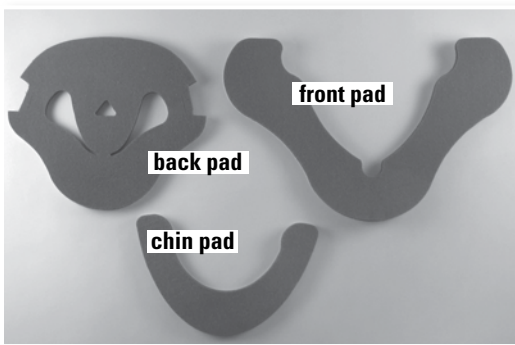
REMOVAL

Before removing the Vista Cervical Collar, note the location of the hook and loop straps. When you put the collar back on, the straps should be in the same position. You may use a pen or marker to mark the position of the hook and loop straps.



CLEANING & SKIN CARE

Keeping your Vista Cervical Collar and the skin beneath it clean is a very important part of your treatment. Proper cleaning will help prevent rashes and skin irritation. Cleaning the Vista Cervical Collar requires at least one extra set of pads. If your collar did not come with extra pads, you may be able to purchase them from where you originally received your Vista Cervical Collar or you can call Aspen Medical Products to purchase directly at 800-295-2776. You should also purchase an extra pad set as replacements, if your current pads are discolored or soiled.



Your Vista Cervical Collar and padding should be cleaned every day, or as often as your Health Care Professional has recommended. A convenient time to do this may be when you bathe/shower, or at bedtime. This will allow your extra set of pads to dry before reapplication. In any case, it is also important to clean your neck and check for any skin irritation when the collar is removed.



1. The pads are attached to the actual brace with small circles of hook and loop. Remove the pads and wash them with mild hand soap and water. **DO NOT** use bleach, harsh chemicals or machine wash. Thoroughly rinse pads with clean water. Lay the pads on a clean, dry towel and gently pat out the moisture. Let them remain on a clean dry table and allow them to air dry. Do not machine dry. If the plastic shell becomes dirty/soiled, it can also be wiped with mild soap and water. The shell can now be wiped dry or air dried.



2. Attach the replacement pads to the shell in the proper orientation.

Note: The padding on the Vista Cervical Collar has a notable white cotton side and a notable gray side that covers the foam. The white cotton will always face out and have contact with the skin. To attach the pad correctly, fold the pads in half with the gray side out. Then center the pad in the proper location on the plastic shell, so it extends past the edges of the brace.

3. Adjust the pads as needed to make sure no plastic touches the skin.

REAPPLICATION

If you are applying by yourself, stand in front of a mirror and try to keep your head and neck as straight as possible. If you have a helper, he or she can put the collar on while you concentrate on keeping your head and neck straight. If you have long hair, it should remain outside of the Vista Cervical Collar. If you wear earrings, they should be removed before applying the brace.



1. Pick up the front piece of the Vista Cervical Collar. Pre-form the back ends of the side panels by squeezing them forcefully so they stay curved when released as shown in the picture.
2. Position the chin piece directly under the chin.
3. Push the sides of the front panel up over the shoulder muscles and around the neck.



4. Check to see that the back of the chin piece is not pressing inward on the throat. If it is, lift the back ends of the side panels up, off of the shoulder/neck muscles. This should move the chin piece forward, away from the throat.

5. While holding the front panel in place, attach the Velcro straps from the back panel to each side of the Vista Cervical Collar. Be sure to note the position of the back panel and ensure that it is centered on the back of your neck. To tighten the collar, anchor your thumb or fingers in the tracheal opening and peel back the Velcro strap on one side. Push inward on the back edge of the side panel while pulling the loop strap out.



Now lift the strap out and re-attach it to the Velcro. Keep the back panel centered by tightening the other side equally. Repeat until all of the “slack” has been removed and a secure fit has been achieved.

When the Vista Cervical Collar is properly re-applied, your chin will be centered in the chin piece, with the chin flush to the front of the plastic. The sides and the back panel will overlap the sides of the front piece. No plastic should touch any part of your skin. A properly applied collar looks like the photo(s) below.



If your Vista Cervical Collar is pressing too hard against the skin or if you are experiencing discomfort, contact your doctor immediately.



Patient Notes

Continue wearing your Vista® Cervical Collar until:

Clean the Vista® Cervical Collar and your neck every hours.

Additional Instructions:

Your doctor is the best source of information regarding your treatment. If there is any deviation between these guidelines and the instructions from your physician, be sure to heed your physician's instructions.