

Day of Surgery Expectations:

- ▶ Please bring your brace with you to the surgery center.
- ▶ Make sure your brace is with you when you are taken into the operating room.
- ▶ If you did not receive a brace prior to surgery, you will be provided one at the surgery center.
- ▶ After surgery, you will wake up with the brace already on your surgical leg.
- ▶ A DME Representative will check your brace to make sure the fit is correct.
- ▶ You will leave with the brace on and will wear it 24/7, unless instructed otherwise by your physician.

Contact Beacon DME:

Summit Woods: 513-354-3710
Beacon West: 513-354-7799
Beacon East: 513-247-4359

Office Hours:

Monday-Friday: 8:00am-5:00pm
Saturday: By Appointment Only

How to Remove Your Brace:

- ▶ Simply squeeze in the gray buttons on each buckle to release all four clasps.



How to Care for Your Brace:

- ▶ Pads can be removed from brace and should be hand washed only with a mild detergent.
- ▶ Pads should be air dried only.
- ▶ Do not place any part of the brace in a washing machine.
- ▶ The brace's frame can be spot cleaned with Lysol or Clorox wipes.



 **BREG**[®]
POST-OP KNEE BRACE




BEACON
Orthopaedics & Sports Medicine
DME SERVICES

BREG POST-OP KNEE BRACE INSTRUCTIONS

The brace needs to be worn at all times immediately following surgery. For the first 24-48 hours, you may not remove the brace for any reason, unless instructed otherwise by your physician.

After your first dressing change, the brace may come off only to shower/bathe, and must be put back on immediately after.

If you are ever uncertain about when it is appropriate to take the brace off, do not hesitate to contact your physician.



Top View of Breg Post-Op Knee Brace

HOW TO PUT ON YOUR BRACE

1. Make sure dials are lined up with your knee cap.



2. Fasten the two straps closest to the knee first. Insert the two rounded edges of the strap's clasp into the buckle and fasten. Repeat with the remaining thigh and ankle straps.



If instructed, you may unlock the brace for range of motion by pulling up on the silver tab located on the outside brace hinge.



BRACE ADJUSTMENT TIPS

1. Do not adjust the range of motion dial on the hinge.
2. If your brace keeps sliding down, adjust the slack on the back of the brace. Unclip the strap and pull it away from the brace; this should tighten the strap on the back of the leg.



3. If your brace feels loose in the front, simply un-velcro the strap from the top and pull tighter.



If you ever feel uncomfortable adjusting the brace on your own, please stop by our DME office anytime during regular business hours for assistance.

No appointment needed Mon-Fri.

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Saturday: By Appointment Only