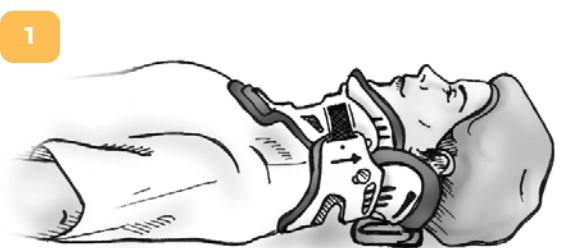


Routine Skin Care for Cervical Collars - Simple Steps to Avoid Skin Breakdown

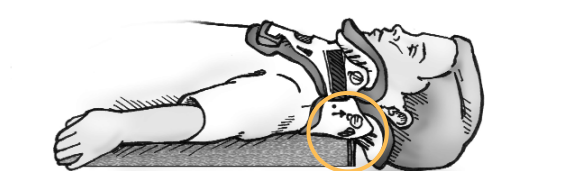
These guidelines pertain to patients wearing any Ossur collar: **Miami J[®]**, **Miami Jr.[®]**, **NecLoc[®]** and **NecLoc[®] Kids Extrication Collars**. These instructions do not supercede physician's orders or hospital protocol.

C-SPINE PRECAUTIONS:

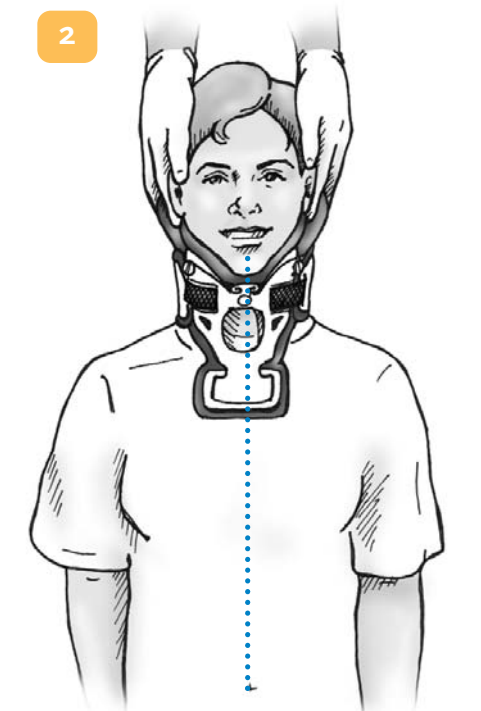
Cervical spine immobilization should not be compromised for skin/wound care. To maintain the patient's head, neck and airway in proper alignment, two persons are required when assessing and cleaning skin, and changing/cleaning a collar.



Patient should be in supine position with bed flat. Remove any pillows from behind the patient's head.



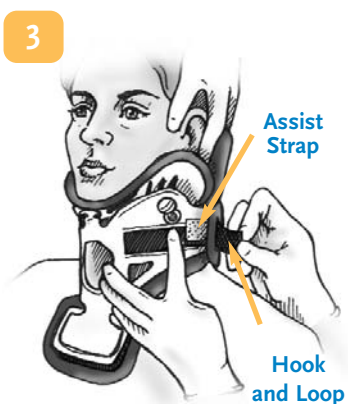
For children 12 years and under:
For appropriate airway and c-spine alignment, maintain padding under thorax of an appropriate height to offset the occipital prominence.



Position patient with arms to the side, shoulders down and head aligned centrally.

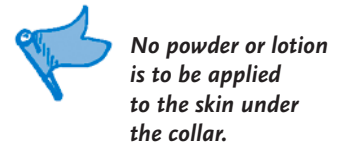
PROCEDURE:

Necessary Equipment: soap and water, wash cloth and towel, small pillow. **Miami J/ Miami Jr.:** Replacement Pads



Open the Hook and Loop closure on the patient's left side.

If present, unfasten the elastic Assist Strap that goes around the back of the neck.

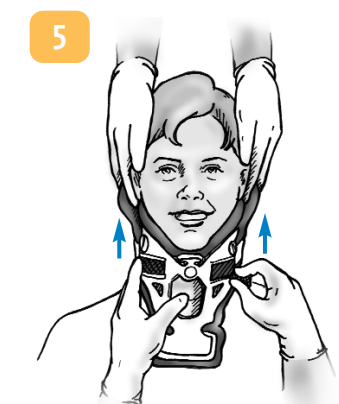


No powder or lotion is to be applied to the skin under the collar.



Allow the Front of the collar to remain hinged open. Wash the neck and collar with mild facial soap and water and dry completely. Observe for any redness, irritation or debris under the collar, especially over bony areas like the chin or clavicles.

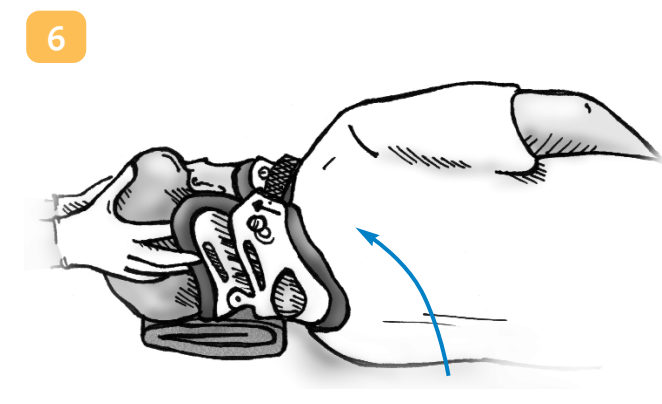
Miami J/ Miami Jr.: Replace the soiled pads with clean ones as directed below.



Replace the collar. Securely re-fasten the outer Hook and Loop closure.

Sides of the collar Front should be directed up toward the ears.

The Hook and Loop closure must be aligned symmetrically and oriented "blue-on-blue".



Gently roll the patient onto side. Place a folded towel or small pillow under cheek to prevent head from tilting sideways.



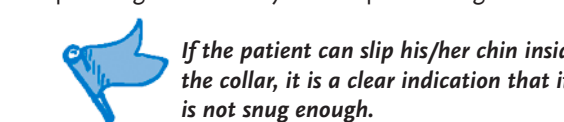
Open the exposed hook and loop closure to visualize the back of the patient's head. Wash the neck and collar with mild facial soap and water and dry completely. Observe for any redness, irritation or debris, especially over bony areas like the occiput.

No powder or lotion is to be applied to skin under the collar.

Miami J/ Miami Jr.: Replace soiled pads with clean ones as directed below.



Securely re-fasten the collar and check to make sure padding extends beyond all plastic edges.



If the patient can slip his/her chin inside the collar, it is a clear indication that it is not snug enough.

SKIN ASSESSMENT :

- ✓ The skin should be assessed every shift and prn.
- ✓ Pads should be changed and cleaned at least once/day and prn if moist or soiled.
- ✓ Pressure, moisture, heat and dirt can all lead to skin breakdown. To inhibit skin breakdown:
 - Change the extrication collar placed in the field to an extended wear collar within 2 hours of patients arrival, sooner if the patient presents with an ill-fitted device.
 - Keep the skin clean and dry.
 - Keep the pads clean, dry and free of debris.

Chronic dampness of the padding and/or presence of redness in pressure areas, in a sedated or multi-system trauma patient, may indicate placement of a Occian[™] Back (at the discretion of patient's physician).

MIAMI J / MIAMI JR. CLEANING INSTRUCTIONS:

Wash the pads and wipe the plastic shell with mild facial soap and water.
– **DO NOT use bleach or harsh detergents.**

Thoroughly rinse the pads with clean water.

Wring out the excess water and squeeze in a towel.
Lay the pads out flat to air dry.
– **It should take less than 60 minutes for them to dry.**

Attach the replacement pads.

- **Fold the pads in half with the dull side out (the shiny side goes against the skin), and then center the pad in the white shell.**
- **Adjust pads as needed to make sure no plastic touches the skin.**

OCCIAN BACK[™] CLEANING INSTRUCTIONS:

The Occian Back is designed exclusively for the specialized needs of the multi-system trauma patient in the ICU. Universally sized, specifically engineered and designed with advanced, Intuitex[™] pressure-relieving memory foam, the Occian Back helps caregivers manage c-spine patients who are at high risk of occipital breakdown, including:

- Patients not awake and alert with 24-48 hours
- Patients with pre-existing skin injuries and/or lacerations to the head/neck
- Burn patients who must wear a collar
- Elective surgery patients desiring nighttime post-operative comfort
- Easy to clean, simply wipe down once per shift or prn
- Use mild soap and water
- Do not bleach



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