

Cervical Collar
Orthopaedic Department
Patient Information Leaflet

Under review

Introduction

This leaflet is designed as an aid to the patient and their carers, offering general information relating to cervical collar. It does not attempt to answer all your concerns. You are advised to ask the Consultant about any additional questions you have about your treatment.

This information does not supersede direct orders from your Consultant.

Cervical collars should never be removed without direct medical advice

About the Cervical Collar

You will be given written information on your specific collar before discharge. The collar size features its own uniquely-shaped front and back support to maximize comfort and immobilize the neck.

The collar you have will be fitted by an orthotist ensuring the sizing and adjustments provide you with maximum support and comfort.

It comes with adjustable straps for flexibility and comfort without sacrificing immobilization and avoiding skin breakdown. It should not be removed or adjusted by you.

The padding is skin friendly and removable for easy cleaning. Proper sizing is critical to achieving comfort and proper immobilization.

Please ensure you inform the ward staff if you feel discomfort or feel the collar is too tight or loose. During your hospital stay and prior to your discharge the orthotist will check the fitting of your collar.

The purpose of wearing a cervical collar includes:

- Provide immobilization of the cervical spine
- Provide pain relief

Main Indications for Use

- Immobilization after trauma/surgery
- Stabilize Cervical Fractures
- Cervical Spondylitis
- Degenerative disorders

Before you go home

If applicable you and your carer will be shown how to care for your collar. It is important to follow the instructions and if you have any concerns about removing or putting on the collar to discuss with the nursing team prior to discharge.

Once safe to do so we will remove the collar daily to clean skin and inspect the skin underneath and change the padding at least every week or earlier if

becomes moist or dirty. The pads can be simply washed in a mild detergent. A spare set of pads will be provided on discharge.

You will be given specific written instruction about how often the collar may come off, how long it can remain off for and whether the collar needs to remain in place 24hrs a day. These instructions must be adhered to otherwise you are at risk of permanent neurological damage. You will have a follow up appointment made with the orthotist.

Applying or removing the collar

It is advisable to have your collar removed once a day to clean your skin underneath and inspect for any redness or sore areas. If you find any redness or sore areas remove the pads and replace with the new ones provided. Ensure you check that the padding covers all the plastic and hard areas of the collar. Pay particular attention to bony areas under the chin, jaw line, shoulders and back of head.

At least two persons are needed for collar placement: one to maintain your head and neck in proper alignment, the second to fit the collar. Do not move your neck when the collar is removed

You must be lying flat to remove the collar making sure to remove any pillows from behind the head. Position arms to the side, shoulders down and head centrally aligned.

When you are properly fitted, there should be equal amounts of excess velcro overhanging at the front sections.

Complications

- Pressure sores
- Collar not well fitted putting you at risk of nerve damage (neurological deficit)

Seek Medical Advice If:

- You feel the collar is tighter than normal or too loose,
- You can move your neck
- Your skin underneath the collar has broke down
- You have run out of replacement pads

Seek urgent medical advice

You have any sudden changes in neurological state e.g. pins needles, numbness/loss of sensation or movement of any limb, loss of sensation in bowels or passing urine.

Follow your consultant's advice regarding follow up appointment

Useful telephone numbers

Orthotist 01384 456111 ext 2107

Ward B2 01384 456111 ext 2130

Ward B2 Physiotherapist team 01384 456111 ext 2130

This Information can be made available in large print, audio version and in other languages, please call 0800 0730510.

ਜੇਕਰ ਇਹ ਲੀਫਲੈੱਟ (ਛੋਟਾ ਇਸ਼ਤਿਹਾਰ) ਤੁਸੀਂ ਆਪਣੀ ਭਾਸ਼ਾ (ਪੰਜਾਬੀ) ਵਿੱਚ ਲੈਣਾ ਚਾਹੁੰਦੇ ਹੋ ਤਾਂ ਕ੍ਰਿਪਾ ਕਰ ਕੇ ਪੇਸ਼ਟ ਇੰਫਰਮੇਸ਼ਨ ਕੋ-ਆਰਡੀਨੇਟਰ ਨਾਲ **0800 0730510** ਟੈਲੀਫੋਨ ਨੰਬਰ ਤੇ ਸੰਪਰਕ ਕਰੋ।

यदि आपको यह दस्तावेज़ अपनी भाषा में चाहिये तो पेशन्ट इनफरमेशन को-ਆਰਡੀਨੇਟਰ को टैलीਫੋਨ ਨੰਬਰ **0800 0730510** पर फ़ोन करें।

જો તમને આ પત્રિકા તમારી પોતાની ભાષા (ગુજરાતી)માં જોઈતી હોય, તો કૃપા કરીને પેશન્ટ ઈન્ફોર્મેશન કો-ઓર્ડિનેટરનો **0800 0730510** પર સંપર્ક કરો.

আপনি যদি এই প্রচারপত্রটি আপনার নিজের ভাষায় পেতে চান, তাহলে দয়া করে পেশেন্ট ইনফরমেশন কো-অর্ডিনেটরের সাথে **0800 0730510** এই নম্বরে যোগাযোগ করুন।

إذا كنت ترغب هذه الوريقة مترجمة بلغتك الاصلية (اللغة العربية) , فرجاء ا اتصل بمنسق المعلومات للمريض
0800 0730510 على التالفون Information Co-ordinator

حسب ضرورت اس ليڤ لٹ کو اپنی زبان (اردو) میں حاصل کرنے کے لیے برہم پرائی ٹیلیفون نمبر **0800 0730510** پر ویڈیٹ انٹریشن کو-آورڈینٹر (مریٹوں کے لئے معلومات کی فراہمی کے سلسلے میں اس کے ساتھ رابطہ قائم کریں۔

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