N.B.B. ORTHOTICS, INC.

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NEIL B. BERGMAN, C.O. CERTIFIED ORTHOTIST

American Board Certified Member of A.A.O.P.

Break In Period for Custom Brace

- · Begin wearing custom knee brace
- 1st day: wear brace no longer than 1&1/2 hours. Remove brace and inspect skin for any irritation.
- Day 2: Wear brace for 1 & 1/2 hours, twice throughout the day. Inspect skin for irritation.
- Days 3-7: wear brace 2 hours at a time, twice throughout the day. Inspect skin.
- Week 2. Try wearing brace up to 4 hours at a time, maximum. It is okay to wear brace much less than 4 hours.

- ❖ If any problems arise, such as: excessive redness; swelling; numbness; or throbbing in the affected leg, stop wearing brace and call us at: 1-516-594-9066.
- ❖ Follow written instructions provided with the brace to ensure proper donning and doffing- Any questions, please call for an appointment.