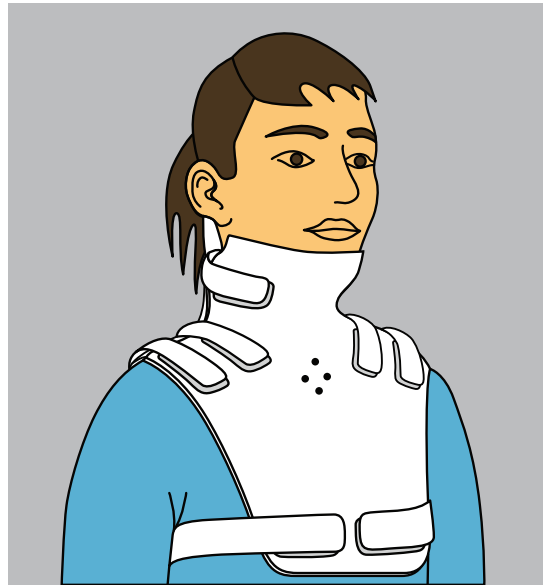


# A guide to your doll's collar



**Opcare**

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## **What is a doll's collar?**

A doll's collar is a neck orthosis which extends down your chest and back, as well as up the back of your head. It is made of thermo-plastic, and fastens with straps.

## **What does a doll's collar do?**

A doll's collar is used to control head and neck movement and stabilise the area. This may be after injury or surgery, or may be for long term conditions such as rheumatoid arthritis.

## **How long do you wear a doll's collar for?**

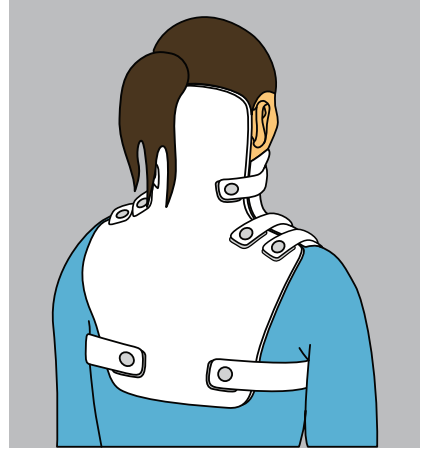
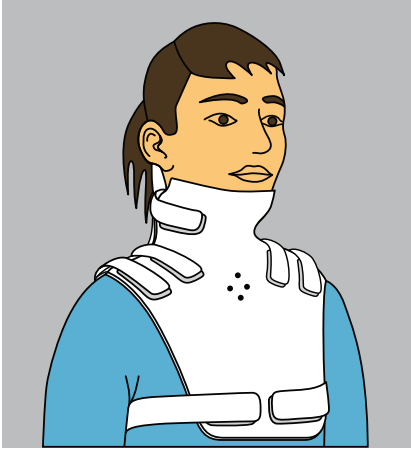
Your orthotist will advise you on how long you have to wear the doll's collar for, and for which activities. This advice will be unique to each user.

If you wear your collar when driving, you will need to inform your car insurance company.

If you experience any pain, numbness, tingling or weakness when wearing your collar, or if you notice your skin growing red or developing sores, you should stop wearing the doll's collar and contact your orthotist.

## **How do you put on a doll's collar?**

Your orthotist will demonstrate how to put on your doll's collar. Remember to wear a cotton top beneath the device to protect your skin.



## Caring for your doll's collar

Like any orthoses, the life of the doll's collar depends on how often it is worn and how well it is cared for.

You can prolong the life of your doll's collar by keeping it clean and dry. Clean the brace by wiping it with a damp cloth. Do not soak it in water, machine wash or dry clean. Do not expose the device to excessive heat, for example do not dry it on top of a radiator or by a fire.

The Velcro® straps and lining can be replaced when they wear out, however discolouration does not affect function.

**Your notes:**