

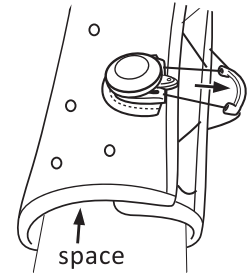


# 3 KEYS TO SUCCESS WITH EXOS

& caring for your skin and brace

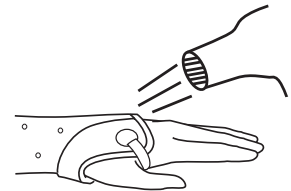
## 1. Not Too Tight – Wear it Right and leave some “WIGGLE ROOM”

- Exos braces are meant to be worn under light pressure and not tight to the skin. A little wiggle room inside an Exos brace promotes air circulation and helps maintain dry healthy skin.
- An over-tightened brace creates “shear” or pressure on the skin during motion, and can result in irritation, rash, odor, and skin issues.
- Consult your physician if unusual swelling, increasing discomfort, pain, numbness or discoloration appears.
- Instruction for wearing, opening, closing or removing the brace should be advised by a physician.
- If brace does not fit properly, or is irritating, it may be reformed and adjusted by a health professional.
- If brace breaks or cracks, see your physician immediately.



## 2. If the brace and skin get wet, they “CAN’T STAY WET”

- The brace may be washed or worn while swimming or bathing, **only** if the physician allows patient to loosen or remove the brace. **If not, the patient cannot get the brace and skin wet.**
- It is imperative that the inside surface of the brace and the patient’s skin underneath are completely dry after swimming or bathing. See below for cleaning and drying instructions.



## 3. Keep your “SKIN AND BRACE CLEAN AND DRY”

- A clean and dry environment inside the brace will help maintain healthy skin and reduce odor and skin issues.
- The **Exos Wrist Undersleeve** is an additional option that is designed to fit easily under the Exos upper extremity braces. It is integrated with antimicrobial fabric and is used to enhance comfort and protect the skin from shear and moisture.
- Do not expose brace to moisturizers, chemicals, or solvents, as they may affect durability or cause skin issues.
- Do not expose brace to heat over 130°F (55°C)
- If your physician has given permission to loosen or remove the brace, the patient may wear the brace while swimming or bathing, as well as wash the brace.
- **See below for cleaning and drying instructions.**
  1. Loosen or remove the brace as instructed by physician.
  2. Wash inside and outside of brace and skin with antibacterial soap and water.
  3. Rinse thoroughly with water.
  4. Use a hair dryer set on high volume and cool setting to thoroughly dry the interior of the brace and skin.
  5. Retighten the brace. Do not over tighten. Remember to leave wiggle room.

