Aspen Vista Cervical Collar

Application, removal, and care guidance for your collar



APPLICATION

- Sit in front of a mirror.
- Do not move your head or neck.
- Undo one side of the Velcro to remove the collar, keeping one side of the Velcro still attached.
- Put on the front of the collar first so that your chin comes to rest on the chin pad.
- Use one hand to hold the front of the collar in place.
- Use your free hand to reach and bring the back piece of the collar around to the front until the pad overlaps the side panel.
- Adjust and tighten the straps, one at a time, until they are the same length on both sides.

REMOVAL

- Undo one side of the Velcro, keeping one side attached.
- Pull the back of the collar away from the neck.
- Gently pull the collar forward while keeping your head and neck aligned.

CHECKING THE FIT

- Head and neck are in a straight line.
- Chin is in contact with the chin pad of the collar.
- The collar should be snug.
- The collar should sit under your ears.

CARE

- Hand wash dirty pads in the sink with mild soap and water only.
- Rinse and wring water out thoroughly and air dry pads on a flat surface.
- Wipe the plastic shell of the collar with mild soap and water.
- Rinse and towel dry the shell.
- Do not use the washing machine or dryer for your collar and pads.

> **Note:** *Do not remove or loosen this collar unless instructed by your healthcare provider. If you experience numbness, tingling, worsening pain, or difficulty breathing, contact your healthcare provider immediately.*