

Introduction

This leaflet is designed for patients and their carer's, offering general information relating to a 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.

Cervical collars should never be removed without direct medical advice. It should not be removed or adjusted by you or your carer.

About the Cervical Collar

The collar features its own uniquely shaped front and back support to maximize comfort and immobilize the neck. The collar you have will be fitted by a medical professional, ensuring the sizing and adjustments provide you with maximum support and comfort.



Miami J Collar



Aspen Collar

The purpose of wearing a cervical collar includes:

- Stabilize Cervical Fractures.
- Provide immobilization of the cervical spine.

- Provide comfort and support.
- Immobilization/ support after surgery.

The padding is skin friendly and can be removed by the medical team for easy cleaning. You will be given an additional set of pads. Pads can be washed with mild soap and water. **DO NOT** use bleach, harsh chemicals or machine wash. Thoroughly rinse pads with clean water. Lay the pads on a clean, dry towel and gently pat out the moisture. Let them remain on a clean dry table and allow them to air dry.

DO NOT machine dry.

DO NOT shower whilst wearing the collar.

DO NOT drive whilst wearing the collar.

You may find that eating and drinking can be difficult at first due to the chin support from the collar. You will have difficulty looking down at a plate of food or tilting a cup/glass to drink. Try to have the plate where you can see it and avoid any spills by using a straw to drink.

Seek Advice if:

- You feel the collar is tighter than normal or too loose.
- You can bend your neck forward in the collar.
- It is rubbing your skin causing redness and pain.

Seek urgent medical advice at A/E department if:

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

You will be given a weekly appointment at the Royal Gwent hospital for pad changing/shaving/washing prior to your discharge from hospital. Ensure you bring your spare pads with you.

Useful telephone numbers:

Fracture Clinic Royal Gwent Hospital
(Available 9am - 5pm Monday – Friday - 01633 234402)

Ward A/0 Grange University Hospital
(5pm - 9am and weekends – 01633 493933).

This Information can be made available in large print, audio version and in other languages, if required.

**“This document is available in Welsh /
Mae’r ddogfen hon ar gael yn Gymraeg”.**