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## EXOS PRACTITIONER UPDATE

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### SPRAY CLEANING EXOS BRACES

Exos has evaluated several commercially available products that can be used to improve Brace hygiene and reduce odor. They can be used to clean the skin before initial application of the brace and used regularly to clean the skin and brace during use. They are fast and simple to use by the caregiver or the patient and allow cleaning without water and rinsing on occasion.

They can be used in the clinic for patient checkups when the brace has developed odor and can also be supplied to the patient for regular use. Though not intended to replace regular washing with soap and water, they may be used to kill germs and odor that washing may not eliminate.

#### **Note**

These sprays are intended for occasional use - Regular washing with soap and water and thorough drying is still recommended to avoid possible discomfort, odor and rash.

#### **PRACTITIONER DIRECTIONS**

Outcomes may often be improved by washing the patient's skin before initial application of Exos Braces to remove salts, germs and odor causing bacteria. This can be achieved with water and antimicrobial soap, or more conveniently using these spray cleaners. Spray skin and allow it to sit for one minute. Pat and air dry.

#### **PRACTITIONER DIRECTIONS**

To occasionally refresh Exos Braces - Loosen brace a bit and secure the closure. Or, if appropriate, remove brace from body. Spray several pumps inside the brace and onto the skin to thoroughly wet all surfaces. Allow cleanser to sit a few minutes and then dry appropriately. Rinsing is not required but is desirable whenever possible.

Thoroughly dry the brace and skin using a hair dryer by blowing inside the brace and through the vent holes for a few minutes until the brace feels dry on the inside and skin is dry. Retighten brace. If brace is removed, pat brace and arm dry and thoroughly air dry or use a hair dryer. Once thoroughly dry on the inside, replace brace.

To purchase, search products by name. Available at many online stores and pharmacies. Amazon, Allegro Medical, Cos Medical, Americarx.com and others:

- ▶ COLOPLAST BEDSIDE CARE NO-RINSE BODY WASH  
4 fl. oz. and 8 fl. oz. sizes available  
Costs \$2.00 to \$5.00
- ▶ PERIWASH SPRAY II NO-RINSE CLEANSER AND DEODORIZER  
4 fl. oz. and 8 fl. oz. sizes available  
Costs \$2.00 to \$5.00
- ▶ SMITH & NEPHEW SECURA PERSONAL CLEANSER  
8 fl. oz. available  
Costs \$3.00 to \$4.00

#### **CAUTION**

DO NOT CONFUSE THESE NO-RINSE CLEANSERS WITH SOAPS, SHAMPOOS, AND PRODUCTS INTENDED FOR OTHER USES.

