

CARE AND CLEANING

- ▶ Exos braces are waterproof and may be worn during bathing or swimming. After immersion, loosen the brace and thoroughly rinse out any saltwater, lake water, chlorinated pool water, and soap or shampoo. Towel dry the exterior of the brace. While the brace is loose, use a hair dryer set on high volume and on warm setting to thoroughly dry the skin under the brace and the interior of the brace. Failure to properly wash and dry Exos Braces can result in odor and possible skin issues.
- ▶ If exposed to heat over 130°F (55°C), the Brace may begin to soften and lose its desired shape. If this occurs, it can be reheated and reformed as often as necessary.
- ▶ Do not expose brace to moisturizers, chemicals, or solvents, as they may affect durability.



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no. 10026 Rev E

PRECAUTIONS

- ▶ To be fitted by a certified caregiver or health professional who is familiar with the intended purpose. The caregiver is responsible for providing wearing instructions to the patient and any others involved in the patient's care.
- ▶ The Brace should be appropriately sized to the patient before forming to assure proper support, comfort and function.
- ▶ After heating, the caregiver should ensure that the Brace is not too hot for application to the patient's skin by testing before such contact is made.
- ▶ Do not heat Exos products to greater than 212°F (100°C).
- ▶ Do not use if patient has known hypersensitivity to foams, adhesives, or plastic products.
- ▶ Seek evaluation and discontinue use if unusual swelling, increasing discomfort, or discoloration appears.
- ▶ Seek evaluation and discontinue use if the device causes increased pain or numbness in the hand or thumb.
- ▶ Device should be replaced if cracks or breaks occur.
- ▶ If using adhesive wound closure systems, ensure that the bonding material has dried COMPLETELY before applying the Brace over the affected area. Failure to do so may result in injury to the underlying skin.
- ▶ If the patient is instructed not to loosen the Brace, they should be advised not to get the Brace wet.

INDICATIONS AND FEATURES

- ▶ The signature feature of this fracture brace is the Boa® adjustable closure system that provides for minute adjustments in circumferential compression. It can be tightened or loosened instantly as indicated eliminating the need to split or bivalve casts to avoid compartment syndromes or Volkman's ischemia.
- ▶ Post-operatively, this adjustability allows loosening and/or removal to examine a patient's wound without needing to cut off or replace a cast.
- ▶ The ability to heat form and custom fit the cast to the patient's extremity ensures proper uniform support and comfortable fit.
- ▶ Exos braces are radiolucent and do not need to be removed for X-Ray imaging.
- ▶ Provides support and protection for major injuries to the wrist. Used primarily for fractures to the distal radius or distal ulna, and can be employed for acute injuries as well as post-operatively.
- ▶ Provides stability for all types of Colles fractures, Salter-Harris pediatric wrist and forearm injuries, and complex carpal injuries.
- ▶ Does not contain latex.



SAFB

INSTRUCTIONS INSIDE

SHORT ARM FRACTURE BRACE

antimicrobial treated*

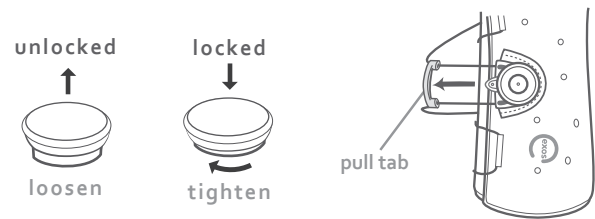
AEM 5700 Antimicrobial EPA #: Reg. #64881-1

*Antimicrobial treatment inhibits growth of odor causing bacteria and is intended to protect the Brace. Antimicrobial treatment does not extend protection to the skin.



OPERATING BOA® LACING SYSTEM

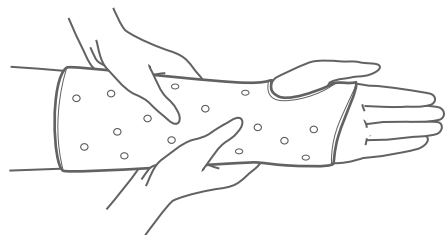
To loosen, lift Boa® knob to unlocked position and use pull tab to simultaneously release cables to their full extent. Pulling only one cable may result in reel malfunction. To tighten, push knob down until it clicks and turn clockwise. Use pull tab to evenly remove slack from cable while tightening. To micro-adjust tension, lift knob to unlock cable and retighten as desired. Knob must be in the down locked position when wearing Brace.



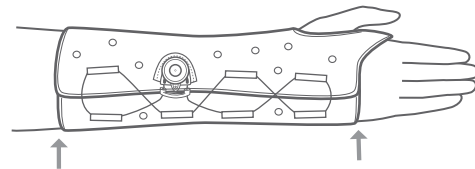
HEATING

To heat Brace, fully extend cable, open the Brace completely and place in Exos Oven (other ovens not recommended). Pre-heating oven is not required. Follow heating and operation instructions posted on the Exos oven. The Brace will be properly heated in about 5 minutes but may be safely heated for up to 15 minutes while patient is being prepared. Avoid heating Brace for more than 15 minutes. Proper heating temperature is 200°F (93°C).

FITTING AND FORMING



- 1 Remove Brace from oven. It should be pliable and comfortably warm to the touch. Open fully and slide on extremity. Push the Boa® knob down and tighten with light pressure to circumferentially draw the overlapping edges around the wrist and arm. **DO NOT TIGHTEN THE BRACE WITH THE BOA® WHEN WARM, USE THE HANDS TO FORM AND COMPRESS BRACE PROPERLY. Tightening Boa® on a warm cast will result in uneven forming and wrinkles.**



- 2 Make sure the overlap is smooth and there are no folds underneath. Check that the edges of the overlap are aligned evenly as shown at the arrows so Brace is not twisted on the arm. Adjust the area around the thumb for comfort by splaying the lower oval area open at the base with the fingers, or pad area before molding as shown below, and adjust the area over the thumb to fit comfortably. Mold the brace to the knuckles and palm to provide desired stabilization.



- 3 As Brace cools and begins to harden, the Boa® reel may be tightened incrementally. Compress Brace with the palms to reduce and align injury. This process should continue until brace is fully hardened, about 4 - 5 minutes. Once Brace is hardened, the Boa® may be fully tightened as desired.

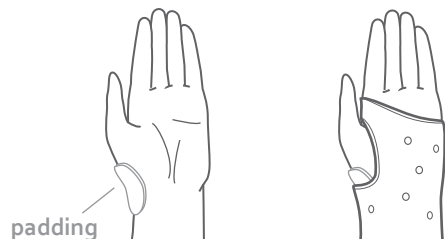
Note

The Brace should not be worn too tightly. Allow for some space between the Brace and the arm to avoid shear forces to the skin.

- 4 A hair dryer may be used to heat small areas and edges to adjust fit. Remove from patient to do so.

Note

Brace may be reheated and remolded as needed. Exos Braces are radiolucent and can be left on for X-ray imaging.



Note

If enlarging the area around the base of the thumb is desired, it can be expanded with the use of foam or padding while forming the brace. Pad the area as shown while the Brace is heating. Apply the Brace and form to the patient. When the Brace has cooled, take off the Brace and remove the padding. The padding will create space between the Brace and the thumb providing a more comfortable fit.

PROPER CARE

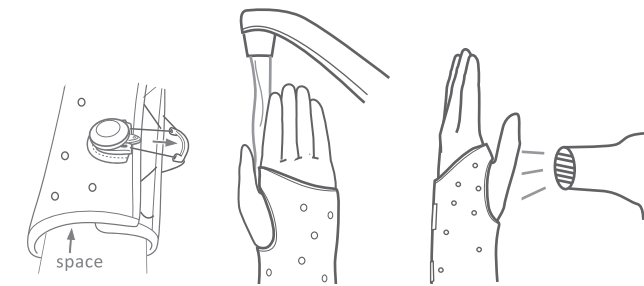
If patient bathes or swims with the Brace on, it should be partially loosened and rinsed sufficiently to allow soap, cleaners, chlorine, salt water or bacteria to be washed away. The skin and inside of Brace must be dried.

It is imperative that the inside surface of the Brace and the skin underneath it be completely dry and void of moisture.

- 1 Adjust the Boa® closure until there is ample space between the Brace and skin for air flow. Using warm water, rinse the Brace thoroughly.
- 2 Using a hair dryer set on high volume and warm setting, blow air through both ends of the Brace and through air holes until the skin and inside of Brace is completely dry.
- 3 Retighten the Boa® closure until Brace is comfortably supportive.

Note

If the patient is instructed not to loosen the Brace, they should also be advised not to get the Brace wet.



**DO NOT HEAT BRACE ON THE BODY!
DO NOT OVERHEAT!**