

## 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 heated to 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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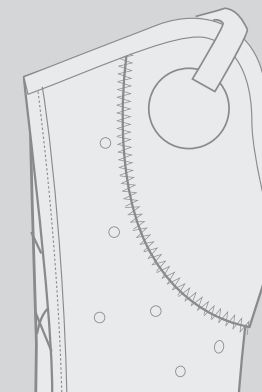
no. 10030 Rev F

## 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

- ▶ Intended for carpal bone injuries such as lunate, pisiform, or triquetral fractures, scapho-lunate dislocations, triangular fibro-cartilage complex (TFCC) tears, radio-carpal ligament injuries, or minimally displaced or stable distal radius or distal styloid fractures.
- ▶ Adjustable closure system provides for minute adjustments in circumferential compression of the Brace.
- ▶ The ability to heat, form and custom fit the Brace to the patient's extremity ensures a uniformly comfortable fit.
- ▶ Exos braces are radiolucent and do not need to be removed for X-Ray imaging.
- ▶ Can be used after casting to support wrist fractures once stable.
- ▶ Can be used to control wrist joint motion for chronic injuries such as carpal tunnel syndrome, arthritic wrist joints, or appropriate wrist sprains.
- ▶ Does not contain latex.



# WB

INSTRUCTIONS INSIDE

## WRIST BRACE

antimicrobial treated\*

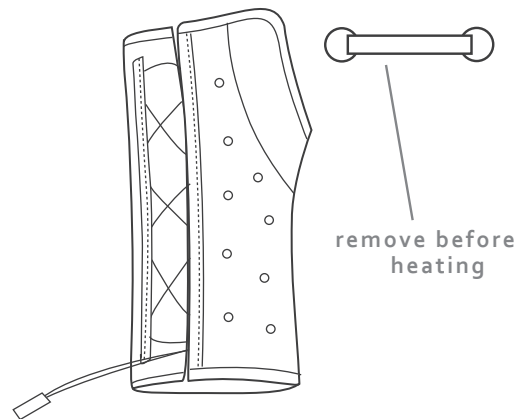
AEM 5700 Antimicrobial EPA #: Reg. #64881-1

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

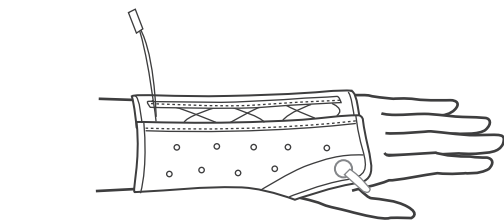


## HEATING

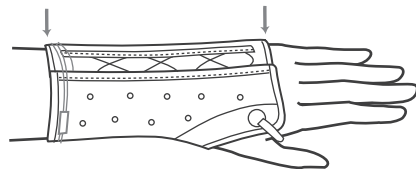
Remove Velcro® type thumb strap before heating. To heat, open the Brace fully and place in Exos Oven (other ovens not recommended). Pre-heating oven is not required. Follow heating and operation instructions posted on the Exos Oven. The Brace will be properly heated in about 4 minutes but may be safely 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).



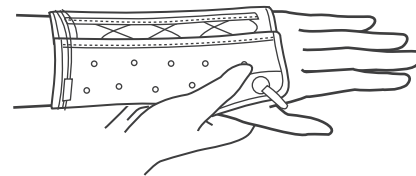
## FITTING AND FORMING



- 1 Remove warm Brace from oven and place on patient's wrist. It should be pliable and comfortably warm to the touch. Reattach Velcro® type thumb strap. Using the hands, circumferentially draw the overlapping edges around the wrist. Check that under-lap is smooth and wrinkle free.



- 2 Gently pull attachment tab on cable to remove slack from cable, wrap it around base of Brace, and attach it to the Brace. **DO NOT PULL CABLE TIGHT WHILE BRACE IS WARM AS UNEVEN FORMING WILL RESULT.** The edges of the Brace both proximally and distally should be aligned evenly as shown with arrows to prevent twisting of the Brace.



- 3 Use the hands to form proper fit or reduction.



- 4 Edges of the palm area may be flared out just before Brace hardens for greater comfort. Continue to form and compress Brace with the hands until it fully hardens. When cool, tighten cable closure as needed and instruct patient on doing so. 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.

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

### Note

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



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

## 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 then be dried.

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

- 1 Loosen the 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 closure until Brace is comfortably supportive.

### Note

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

