

T-JOE BRACE™ WEARING INSTRUCTIONS



When first beginning to wear your pectus brace it will feel a little awkward until the chest begins to re-shape. During this time you may experience some discomfort and soreness. An over-the-counter pain medication such as ibuprofen or acetaminophen may help reduce the pain. Please check with your doctor first.

The T-Joe Brace is to be worn directly on the skin for males and undeveloped females. It has been our experience wearing it over clothing may result in the brace sliding out of position. If skin irritation does occur it maybe worn over a Bracemate™ shirt, available from the T-Joe Pectus Store on our website.

For developed females, wear the brace over a bra (such as a sports bra) that has smooth soft material over the sternum. Bras that have underwire or thickened seams over the sternum may result in skin damage. A Bracemate Tank-Top or Tube-Top may also be worn.

The brace is to be positioned on the chest as instructed by your healthcare provider. In most cases the T-Joe Brace is designed to be worn with the chest bar positioned directly over the nipples. You can check for correct positioning by standing in front of a mirror.

Your healthcare provider will show you how to put your brace on and take it off in addition to how tight to make it. You can call our office if you have additional questions. Be sure that each side is tightened equally to the designated mark.

As your chest wall and pectus begins to re-shape, you will feel that your brace maybe getting loose and may even slide down your chest towards your belly. This is a good indication that your pectus is beginning to improve. This process may occur as quickly as a few hours or may take several days, each person is different. If additional sliding of the brace occurs suspenders can be added to keep it in place. Do not over tighten your brace to keep it in place.

You will see your healthcare provider 2 weeks after first applying the brace, then again every 6 weeks thereafter to monitor your chest and medical status.

Call your healthcare provider or our office anytime with questions.



PECTUS SERVICES

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