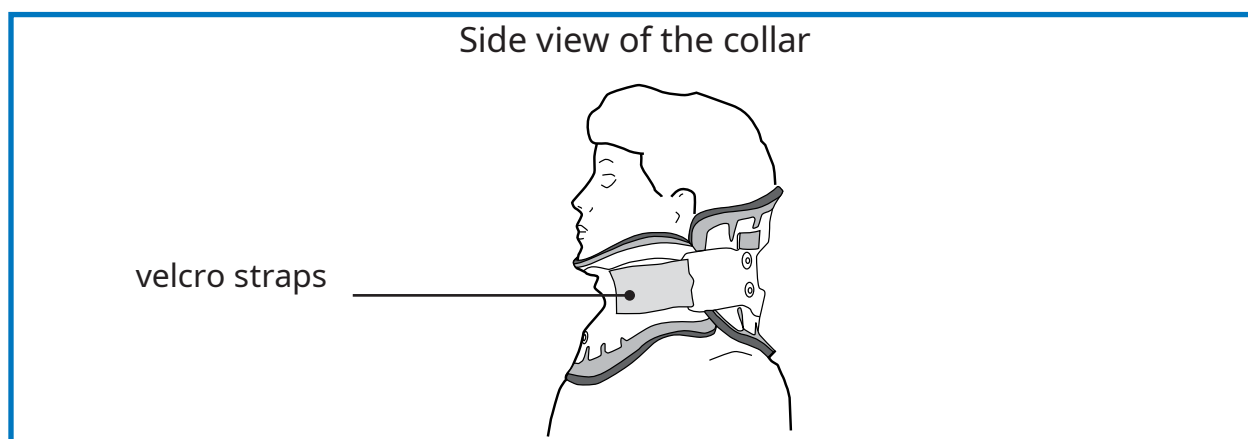
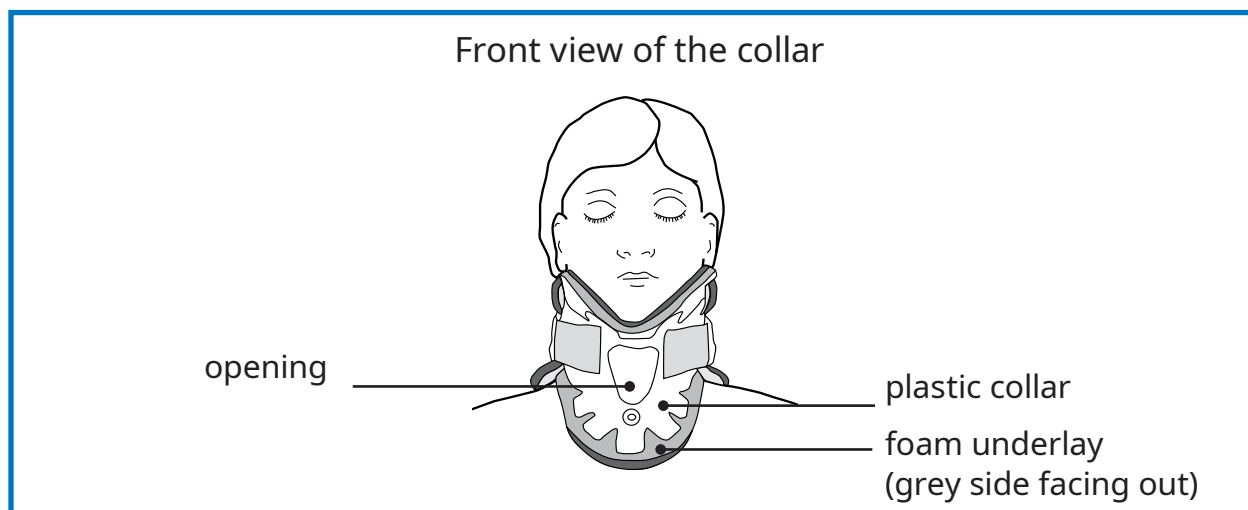


# How to Use the Aspen™ Cervical Collar

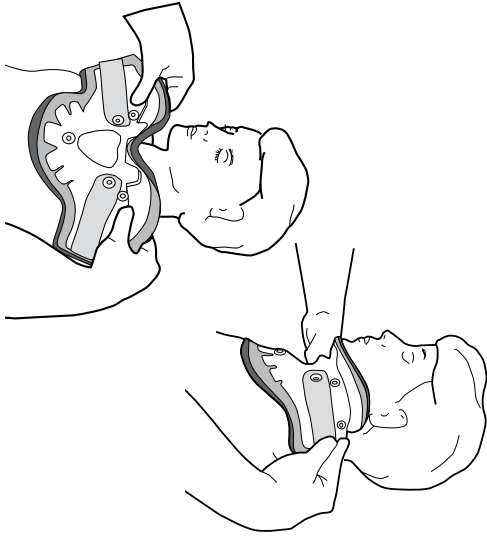
This pamphlet has information for caregivers of patients using the Aspen collar.

## Parts of the Aspen Cervical Collar



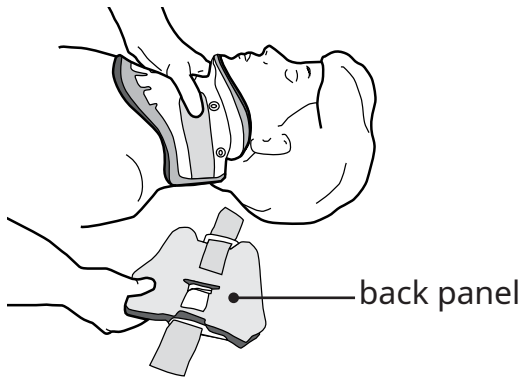
## Putting on the collar while someone is lying down

### Step 1 - Putting on the front panel



1. Open the sides of the front panel outward.
2. Make sure the top of the collar sits under the chin and supports the jawbone. The chin should not slip down into the collar.
3. Hold firmly with one hand.
4. Push the sides of the front panel around the neck.

### Step 2 - Putting on the back panel

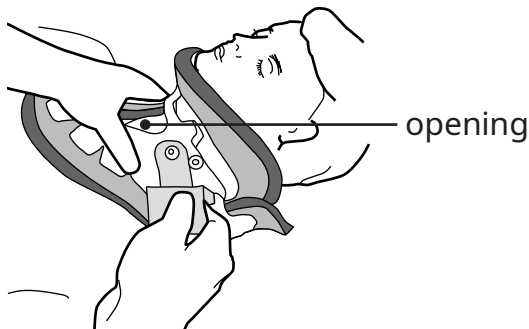


Place the back panel on the back of the neck by sliding it in place, either from the side or down the back of your head.

#### **What should it look like?**

The end of each strap should come to the same position on each side. The straps should be centered between the ear and the top of the shoulder.

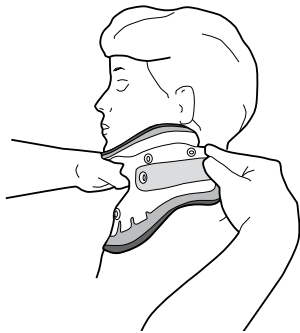
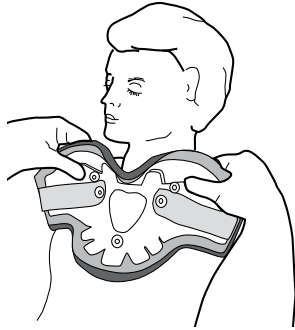
### Step 3 - Attaching the front and back panel together



While holding the front panel with one hand, attach both sides of the back panel to the front with the Velcro straps.

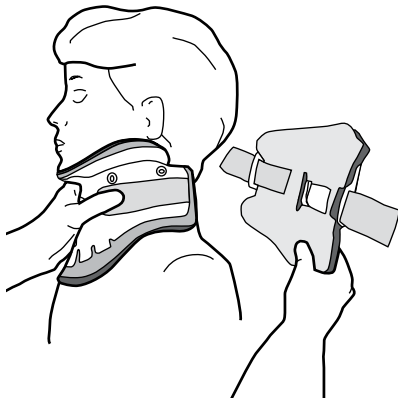
## Putting on the collar when someone is upright

### Step 1 - Putting on the front panel



1. Open the sides of the front panel outward.
2. Make sure the top of the collar sits under the chin and supports the jawbone. The chin should not slip down into the collar.
3. Hold firmly with one hand.
4. Push the sides of the front panel around the neck.

### Step 2 - Attaching the front panel to the back panel



While holding the front panel with one hand, centre the back panel and attach both sides to the front with the Velcro straps.

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# How to clean the replacement pads

You will receive a set of replacement pads when you buy the Aspen Collar.

## Step 1: Removing the pads

- Remove the front and chin pads by peeling them off the Velcro dots.
- To remove the back panel pad, first pull the gray loop straps through the plastic slots. You can now peel the pad off the Velcro dots and slide off the loop straps.



**Remember:** The pads should be changed and washed if they get wet or smell bad. Check the pads daily.

## Step 2: Cleaning the pads

- Hand wash the pads with mild soap and warm water.
- Do not machine wash or use bleach. Rinse them well.



**Remember:** You can wipe the plastic shell of the collar with mild soap and water. Rinse and towel dry the shell before reattaching the pads.

## Step 3: Drying the pads

- Squeeze out the extra water by pressing the pads with a towel.
- Let them completely air dry by laying them on a towel.
- Do not use heat to dry.

## Step 4: Attaching the pads

1. The gray side of the foam pad should face out towards the plastic collar while the white side makes contact with your skin.
2. Fold the pads in half.
3. Attach the pads to the centre Velcro dot first, and then unfold them, attaching the outer Velcro next.

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