



MIAMI J®

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Patient Guide

## Routine Collar Care

Daily cleaning of your Miami J® and the skin beneath is an important part of treatment and will help prevent skin irritation.

While at home, you should shower or bathe with the collar on. After bathing, you will need to remove the collar to wash your neck and change the pads.

Cleaning the collar will require at least one set of replacement pads.

\*Unless otherwise specified by your healthcare professional: do not remove the collar except to wash under it and change the pads.

## Collar Removal & Skin Care

Your healthcare professional must give you permission to do this in a sitting or standing position.

1. Sit or stand in front of a mirror. Undo the strap on one side of the collar while supporting the Front with the other hand. Carefully remove the collar.
2. Wash front and back of neck with mild facial soap and water and completely dry the skin. Observe for any redness or irritation under the collar, especially over bony areas.
  - Whilst the collar is removed, follow the Collar Care Instructions to clean the collar and replace the pads.

## Collar Re-application

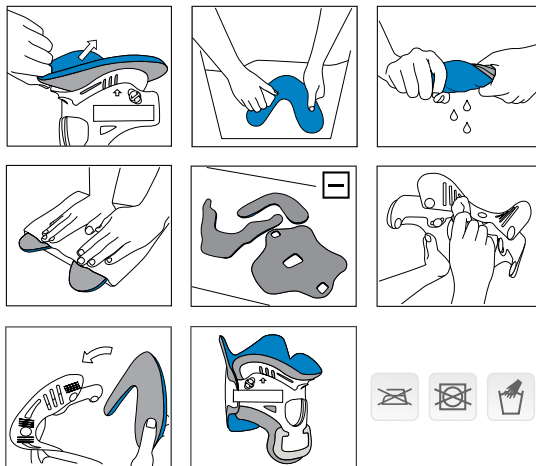
3. While holding the collar Front with one hand, and the open strap with the other hand, centrally position the collar at the neck.
4. Slide the collar up the chest wall until the chin is centered in the chin tray. The sides of the collar Front should be oriented up off the top of the shoulders towards the ears.
5. Pass the open strap behind the head and secure the strap to the collar Front.
6. Ensure the strap is aligned to the Front hook section and returned to the original position. The collar must be snug and secure.

**NOTE:** These instructions do not supersede hospital protocol and/or direct orders of your healthcare professional.



## Collar Care Instructions

- The padding can be removed for cleaning if a spare set of pads has been supplied.
- Remove the pads from the plastic shells.
- Hand wash the pads with mild soap and water.  
**DO NOT** use harsh detergents or bleach.
- Rinse. Wring out the excess water and squeeze in towel. Lay flat to air dry.
- Wipe the plastic collar shells clean with mild soap and water.
- Replace pads by attaching the grey side to the hook on the inside of the collar.
- Do not machine wash, do not tumble dry.



This Patient Guide is supplementary to the Miami J® Instructions for Use (IFU). Please refer to the indications for use in the IFU for more product details, including contra-indications and warnings.

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