



Halo

You have been fit a Halo. This device will be worn full time for at least the next 3-4 months or as prescribed by your physician. It is designed to restrict head and neck movement after a fracture or neck fusion.

Pin site care

Use cotton swabs (Q-tips) with soap and water or hydrogen peroxide to clean the skin around the pins at least once per day. Do not use ointments or antiseptics unless prescribed by your physician. The skin around the pin should be pushed away to avoid adherence and reduce scarring. Do not attempt to loosen or tighten the pins.

Vest care

Your vest should be snug but not restrictive in breathing. Never adjust the vest or straps yourself. If you have any areas of discomfort or the vest feels too loose or tight, contact the office for an adjustment. The liner should be kept dry at all times. If it happens to get wet, dry it with a hair dryer on cool setting. Never try to remove the liner. If it develops a foul odor contact the office for a new liner to be put in.

Skin care/bathing

Clean the area under your vest daily by passing a water damp towel, in a drying motion, beneath the vest both front and back. Every 2-3 days clean the skin under the vest with an alcohol-moistened towel. Avoid use of soaps, lotions or powders under your vest. Do not take a shower – use sponge baths to clean the rest of your body. Wash your hair with dry shampoo products or cover your vest with plastic or towels, lie on a flat surface such as bed or couch, with your head extended out over the edge and a little lower than your body and place a catch basin under your head. Your hair can then be washed in a normal fashion being careful not to bump pins. Clean pin sites after washing your hair.

Activity & Restrictions

Your brace will restrict your ability to move. When moving from a lying to a standing position, roll onto your side and use your arms to push yourself to a sitting position before standing up. Sleep may be more comfortable with a rolled up towel placed under your neck. Follow your doctor's instructions about exercise. Do not allow anyone to lift you by grasping the rods. Do not drive. When riding in a car, do not ride in the front seat with an air bag.

When to call your orthotist

If you have loose pins on the vest or your head (ability to nod your head); soreness, infection or drainage from pin sites; or reddened, broken skin under the vest please call our office immediately or go to your nearest ER.

If you were given specific manufacturer care instructions for your orthosis please be sure to follow the directions closely.