



## CHARLESTON BENDING BRACE INFORMATION SHEET

Your Charleston Bending brace is designed to be worn at nighttime only while you are in bed. We recommend eight hours of brace wear each night. If you do not sleep eight hours, then you should wear the brace while in bed for reading or other activities before you go to sleep.

At first, the brace will seem stiff and uncomfortable. Please allow three or four days to adjust to the brace. After that time, it should be comfortable and you should easily be able to sleep. You can expect to be a little tired during the daytime at first because you may not be sleeping as well as you usually do. However, your tiredness should disappear in three or four days.

If the brace is still uncomfortable after four days, then you should return to the brace company to have it adjusted. It is important that the brace is comfortable for you so that you will be able to wear it. If it is not comfortable after four days, then it means that something is wrong and needs to be corrected.

If your brace is uncomfortable, you may find that you take it off in the middle of the night and find it at your bedside in the morning because you do not remember taking it off. If this is happening to you, then it means that the brace needs to be adjusted. It does not mean that you are trying to get out of wearing your brace, because teenagers can be very heavy sleepers and often can remove the brace at night without being aware that they have done so.

One complaint about this type of brace is that it is hot. You might find that a fan is helpful for sleeping at night even though the house is cool enough for everyone else.

You may also find that you need to get up in the middle of the night to go to the bathroom. This is because the brace may press on your bladder and cause you to be uncomfortable sooner than normal. The brace should not be adjusted in this case, but you might want to watch your fluid intake before going to bed so that you do not have to get up in the middle of the night to go to the bathroom.

If you do get up, it is perfectly all right to walk with the brace on, but many patients have difficulty standing while wearing this particular brace.

If you have any other questions or problems, please do not hesitate to call me or the brace company to discuss them.

Normally, we take x-rays approximately every six months. X-rays are taken out of the brace to determine whether your curvature is increasing. If there is a problem with the brace or if you need a new brace as you grow, then we might occasionally take another x-ray in the brace, but most x-rays are taken standing out of the brace.