



# BOSTON BRACE NIGHT SHIFT WEAR & CARE GUIDE

## ABOUT THE BOSTON NIGHT SHIFT

The Boston Brace Night Shift is a nocturnal brace used in the non-operative treatment of idiopathic scoliosis. A nighttime brace takes advantage of the recumbent position. Some studies suggest that most growth occurs at night. For some curves, nighttime wear has shown to be as effective as full-time braces (more than 14 hours per day).

## APPLYING YOUR NIGHT SHIFT

- Apply a snug fitting shirt. Make sure there are no wrinkles.
- While standing, open the brace wide and slip into it. Align the waist pads in the brace with your natural waist (the area between your ribs and hips). Pull your shirt down through the bottom of the brace.
- Carefully lie down on your back; make sure that the brace remains positioned on your waist.
- Loop the straps through the metal chafes. Tighten to the marks as indicated by your orthotist for appropriate tightness.

## BREAK-IN YOUR NIGHT SHIFT

Because your brace may be uncomfortable at first, this schedule is set up to allow for gradual adjustment to your brace. This allows your spine and body time to adjust together. The best way to break-in your orthosis is to simply begin wearing it. It takes approximately one week to be able to wear the brace all night. It is typical to feel sore or achy as your body adjusts to the orthosis. This will go away after a few days.

<b>Nights 1+2</b>	2 hours before bed
<b>Nights 3+4</b>	Wear while sleeping, remove if you wake up with discomfort
<b>Nights 5+6</b>	Wear brace all night, begin to tighten as tolerated
<b>Night 7</b>	Wear brace all night, tighten as close as possible to lines on straps
<b>Night 8</b>	Wear brace all night, tighten straps to "tight marks" indicated by your orthotist

## PRECAUTIONS

It is important to prevent skin irritation (soreness, redness, or raw skin) while wearing your brace.

- Always wear a clean, dry, and snug-fitting shirt under the brace. Be sure there are no wrinkles in your shirt under the brace by pulling it down tightly before and after putting on the brace.
- If you notice areas of redness that do not fade after 30 minutes or are causing pain, blistering, or bruising, please consult your orthotist.
- Be sure to wear your Boston Brace Night Shift tightly. A loose brace will cause chaffing and will not correct your spine well.
- Cornstarch based powder can help to relieve rashes and irritations.
- Avoid creams or lotions on your skin under the brace, unless recommended by a doctor or orthotist.

## CLEANING YOUR ORTHOSIS

It is important to clean the foam liner of your orthosis on a daily basis. The foam will not absorb moisture, but perspiration will collect on it. Clean the inside of your brace with 70% rubbing alcohol, or warm soap and water. Your brace should be allowed to air dry, do not use a hair dryer or other heat source.

## BOSTON T'S

If you would like additional t-shirts to wear under a scoliosis brace you can order them through the Boston O&P website at:

<https://www.bostonoandp.com/products/scoliosis-and-spine/boston-t/>

We accept all major credit cards and for your convenience, we will ship t-shirts directly to your home.

If you have any questions about the fit, wear and care of your orthosis, please call your orthotist. Changes related to your specific diagnosis or general health should be reported to your physician.

**Have a question? Visit our FAQ page at [bostonoandp.com/faq/scoliosis/](https://www.bostonoandp.com/faq/scoliosis/)**