



Midlands
Orthopaedic Centre

Trauma & Orthopaedics

Cervical collar

Patient Information Leaflet



The Dudley Group
NHS Foundation Trust

Introduction

This leaflet is designed as an aid to the patient and their carers, offering general information relating to cervical collar. It does not attempt to answer all your concerns. You are advised to ask the Consultant about any additional questions you have about your treatment. This information does not supersede direct orders from your Consultant. Cervical collars should never be removed without direct medical advice

About the Cervical Collar

You will be given written information on your specific collar before discharge. The collar size features its own uniquely-shaped front and back support to maximize comfort and immobilise the neck. The collar you have will be fitted by an orthotist ensuring the sizing and adjustments provide you with maximum support and comfort. It comes with adjustable straps for flexibility and comfort without sacrificing immobilization and avoiding skin breakdown. It should not be removed or adjusted by you. The padding is skin friendly and removable for easy cleaning. Proper sizing is critical to achieving comfort and proper immobilisation.

Please ensure you inform the ward staff if you feel discomfort or feel the collar is too tight or loose. During your hospital stay and prior to your discharge the orthotist will check the fitting of your collar.

The purpose of wearing a cervical collar includes:

- Provide immobilization of the cervical spine
- Provide pain relief

Main indications for use

- Immobilisation after trauma/surgery
- Stabilize Cervical Fractures
- Cervical Spondylitis
- Degenerative disorders

Before you go home

If applicable you and your carer will be shown how to care for your collar. It is important to follow the instructions and if you have any concerns about removing or putting on the collar to discuss with the nursing team prior to discharge.

Once safe to do so we will remove the collar daily to clean skin and inspect the skin underneath and change the padding at least every week or earlier if becomes moist or dirty. The pads can be simply washed in a mild detergent. A spare set of pads will be provided on discharge.

You will be given specific written instruction about how often the collar may come off, how long it can remain off for and whether the collar needs to remain in place 24hrs a day. These instructions must be adhered to otherwise you are at risk of permanent neurological damage. You will have a follow up appointment made with the orthotist.

Applying or removing the collar

It is advisable to have your collar removed once a day to clean your skin underneath and inspect for any redness or sore areas. If you find any redness or sore areas remove the pads and replace with the new ones provided. Ensure you check that the padding covers all the plastic and hard areas of the collar. Pay particular attention to bony areas under the chin, jaw line, shoulders and back of head.

At least two persons are needed for collar placement: one to maintain your head and neck in proper alignment, the second to fit the collar. Do not move your neck when the collar is removed. You must be lying flat to remove the collar making sure to remove any pillows from behind the head. Position arms to the side, shoulders down and head centrally aligned. When you are properly fitted, there should be equal amounts of excess velcro overhanging at the front sections.

Complications

- Pressure sores
- Collar not well fitted putting you at risk of nerve damage (neurological deficit)

Seek Medical Advice If:

- You feel the collar is tighter than normal or too loose,
- You can move your neck
- Your skin underneath the collar has broke down
- You have run out of replacement pads

Seek urgent medical advice if

You have any sudden changes in neurological state e.g. pins needles, numbness/loss of sensation or movement of any limb, loss of sensation in bowels or passing urine. Follow your consultant's advice regarding follow up appointment. Useful telephone numbers

Orthotist 01384 456111 ext 2107

Ward B2 01384 456111 ext 2130

Ward B2 Physiotherapist team 01384 456111 ext 2130

If you have any worries or concerns, or need to ask about returning to work or sport, please contact one of the following:

- Virtual Fracture Clinic helpline on ext. 3547 (9am to 5pm, Monday to Friday)
Or email dgft.vfc.dudley@nhs.net
- Fracture Clinic on 01384 456111 ext. 2220 (9am to 5pm, Monday to Friday)
- Emergency Department on 01384 456111 ext. 2300

This leaflet can be downloaded or printed from:

<http://dudleygroup.nhs.uk/patients-and-visitors/patient-information-leaflets/>

If you have any feedback on this patient information leaflet, please email dgft.patient.information@nhs.net

This leaflet can be made available in large print, audio version and in other languages, please call 0800 073 0510.

للحصول على هذه النشرة بحجم أكبر، وعلى شكل إصدار صوتي و بلغات أخرى، الرجاء الاتصال بالرقم 08000730510.

此宣传单可提供大字版本、音频版本和其它语言版本，请拨打电话：0800 073 0510。

Ulotka dostępna jest również w dużym druku, wersji audio lub w innym języku. W tym celu zadzwoń pod numer 0800 073 0510.

ਇਹ ਪਰਚਾ ਵੱਡੇ ਅੱਖਰਾਂ, ਬੋਲ ਕੇ ਰੀਕਾਰਡ ਕੀਤਾ ਹੋਇਆ ਅਤੇ ਦੂਸਰੀਆਂ ਭਾਸ਼ਾਵਾਂ ਵਿਚ ਵੀ ਪ੍ਰਾਪਤ ਹੋ ਸਕਦਾ ਹੈ, 0800 073 0510 ਤੇ ਫੋਨ ਕਰੋ ਜੀ।

Aceasta broșura poate fi pusă la dispoziție tipărită cu caractere mari, versiune audio sau în alte limbi, pentru acest lucru vă rugăm sunați la 0800 073 0510.

یہ کتابچہ آپ کو بڑے حروف کی لکھائی، سمعی صورت اور دیگر زبانوں میں مہیا کیا جا سکتا ہے۔ برائے مہربانی فون نمبر 08000730510 پر رابطہ کریں۔