

INFORMATION FOR PATIENTS

Cervical collars

This leaflet details information on how and when to use your prescribed orthosis, how to care for it and how to contact us if you have a problem or require a replacement.

Spinal collar

A collar is designed to help stabilise your spine, restrict movement and hopefully reduce pain in the affected area.

There are many different types of collars which can be prescribed by the orthotist, depending on the level of injury and body shape of the patient.

The collar is either custom made or adjusted for your use only. Do not modify the collar or fit it to anyone else.



Aspen Vista collar

How long should it be worn and how long is it needed?

If the collar was supplied as an inpatient, it will be needed for 6-12 weeks only. Your consultant will clarify this with you either before discharge or at review.

If your collar was supplied as an outpatient, the length of time it is to be worn is specific to each patient and condition. Your consultant will clarify this.

Your collar should be worn at all times unless your consultant instructs you otherwise.

The collar needs to be fastened up tightly allowing your chin to be well-supported. If you feel your collar is no longer fitting properly please contact us for a review appointment.

Personal care

It is recommended that you strip wash with the collar in situ. Wash frequently and keep the skin dry. It would be easiest to use dry shampoo for your hair.

Wear button shirts or blouses and avoid clothing that needs to be put on over your head.

Care and maintenance

You may have a removable liner inside the collar. If you require a replacement liner please contact the Orthotics Department.

The liner can be removed and washed with mild hand soap and water.

To dry the liner, squeeze out any excess water with a towel and allow to air dry (do not use a heat source).



Washing of Aspen Vista pads

If you are unclear as to how to get your collar on and off please contact our department.

If you experience any problems with your spinal collar please contact the department.

Please keep this leaflet safe for future use. You are now able to contact the department directly for orthotic care as required. If you need a review appointment, or if the orthosis requires servicing or replacement, you **do not** need to be referred again.

If there are new symptom(s)/condition(s) that are unrelated, a new referral will be required to be assessed for further orthotic management.

Your orthotist is:

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Contact details

Orthotics Department
Clinic 2
King's Treatment Centre
King's Mill Hospital
Sutton in Ashfield
Notts, NG17 4JL

Clinics are held at:

- Clinic 2, King's Treatment Centre
- General Outpatients, Newark Hospital
- Neuro Rehabilitation, Mansfield Community Hospital.

The contact telephone number for **all** orthotic queries is 01623 676163.

Further sources of information

NHS Choices: www.nhs.uk/conditions

Our website: www.sfh-tr.nhs.uk

Patient Experience Team (PET)

PET is available to help with any of your compliments, concerns or complaints, and will ensure a prompt and efficient service.

King's Mill Hospital: 01623 672222

Newark Hospital: 01636 685692

Email: sfh-tr.PET@nhs.net

If you would like this information in an alternative format, for example large print or easy read, or if you need help with communicating with us, for example because you use British Sign Language, please let us know. You can call the Patient Experience Team on 01623 672222 or email sfh-tr.PET@nhs.net.

This document is intended for information purposes only and should not replace advice that your relevant health professional would give you. External websites may be referred to in specific cases. Any external websites are provided for your information and convenience. We cannot accept responsibility for the information found on them.

If you require a full list of references for this leaflet, please email sfh-tr.patientinformation@nhs.net or telephone 01623 622515, extension 6927.

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