



POST OPERATIVE INSTRUCTIONS

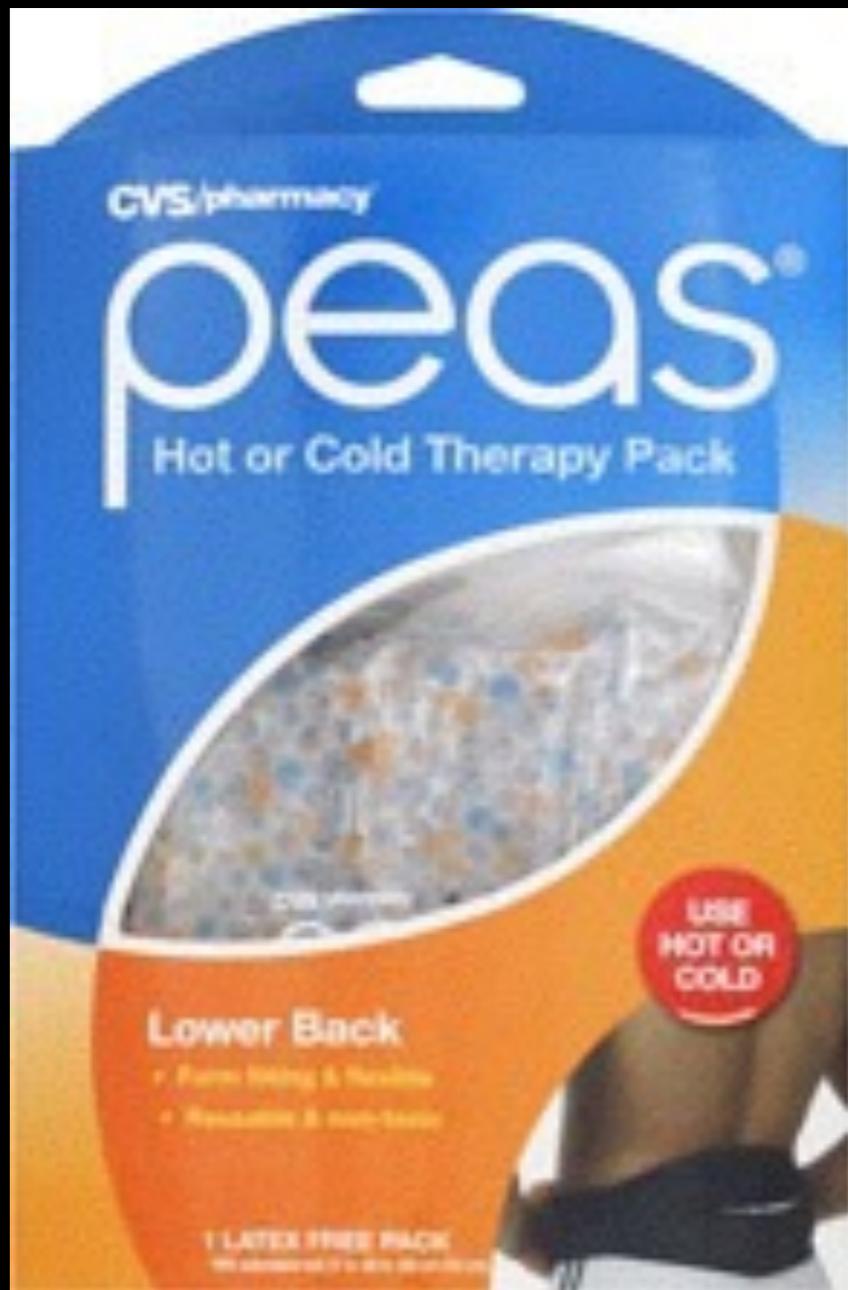
MULTIMODAL PAIN THERAPY: MEDS



MULTIMODAL PAIN THERAPY: ICE



MULTIMODAL PAIN THERAPY: ICE



MULTIMODAL PAIN THERAPY: BRACE



LUMBAR CORSET/BINDER



LSO



ComfortFORM™
Back Support

DONJOY™
BetterBraces.com

LSO



CERVICAL BRACE

Adjustability Made Easy



simplicity

Eliminate Sizing

The Vista® eliminates the need for sizing methods of any kind. The innovative design of the Vista® allows the practitioner to simply apply the collar and then adjust to the proper height.

Dial Height Adjustment

Getting the correct size for the patient is easy using the Vista® Dial Height Adjustment™ System. Simply pull and turn the Dial to select 1 of 6 Vista® height settings.

Automatic Lock

Once the correct height has been determined, releasing the Dial automatically locks the size.

patient care

Effective Motion Restriction

Made by Aspen Medical Products, the Vista® collar provides safe and effective motion restriction¹ for all patients in need of extended wear collars.

Improved Skin Care

The patented design of the Vista® dispenses pressure, reducing the possibility of skin breakdown. Proven Aspen Pads² complete the system by wicking moisture away from the skin.

Unparalleled Patient Access

The enormous tracheal aperture provides functional access for airway management and other essential procedures.

savings

Inventory Management

By incorporating 6 sizes in 1 collar, the Vista® eliminates the cost of storing multiple sizes, frees up valuable inventory space, and eliminates SKUs.

Reduce Waste

The Vista® not only reduces the waste associated with improperly sized collars but also the additional time and cost involved with sizing errors.

Save Time

Simple application and adjustment saves time in training and in use. "The Vista® improves your efficiency while improving your patient care."³

¹ Comparative Motion-Restrict, Vista® vs. Aspen, Aspen Medical Products in-house testing, December 2006
² Proven, J. A Multidisciplinary Approach to Occupational Pressure Ulcers Related to Cervical Collars. Journal of Nursing Quality, 1997, Vol. 2, No. 1
³ Reception Comparison Test, Orange County Hospitals Test Laboratories, Anaheim CA, May 28, 2002



TLSO



TLSO/ CTO



NUTRITION



NUTRITION

Post-Operative Nutrition Requirements

- **Calories:**
 - Increase to 30-40 kcals/kg
 - Patient on ventilator usually require less calories ~20-25 kcal/kg
- **Protein:**
 - Increase to 1-1.8 grams/kg
- **Fluids:**
 - Individualized

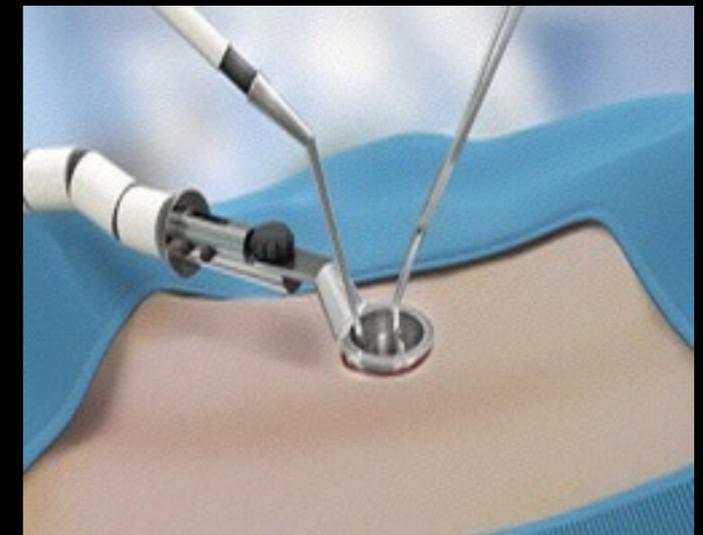
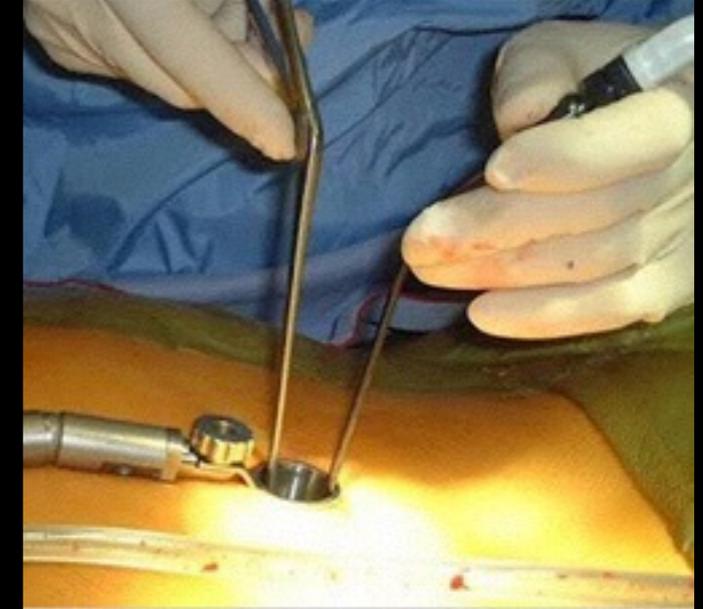
NUTRITIONAL SUPPLEMENTATION



POSTOP INSTRUCTIONS: SHOWER YES, BATH NO.

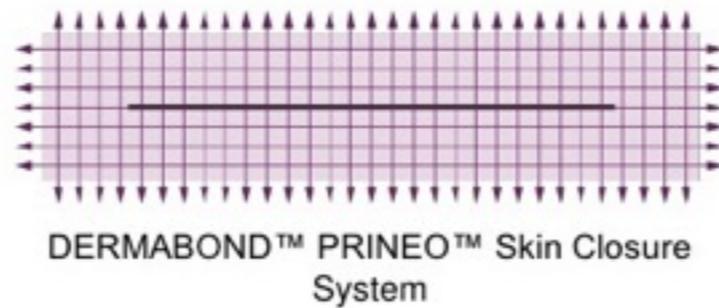
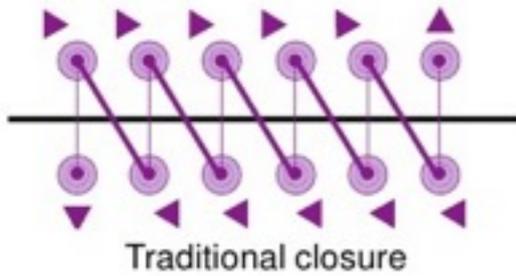


MINIMALLY INVASIVE TECHNIQUES



WOUND CLOSURE AND CARE

Minimally invasive closure that distributes tension away from the wound



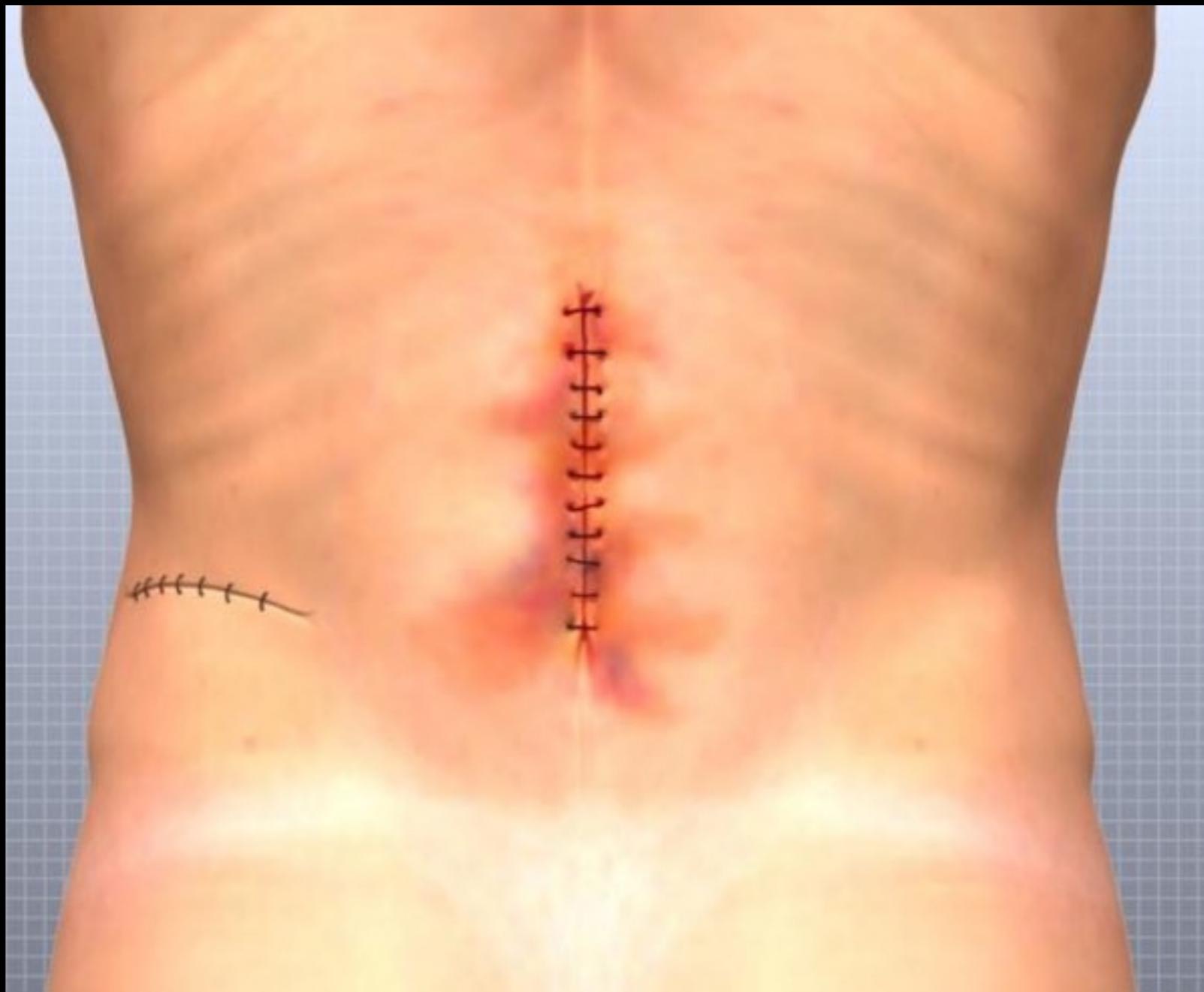
- Gently and evenly disperses tension across the entire area of the incision, without penetrating the skin



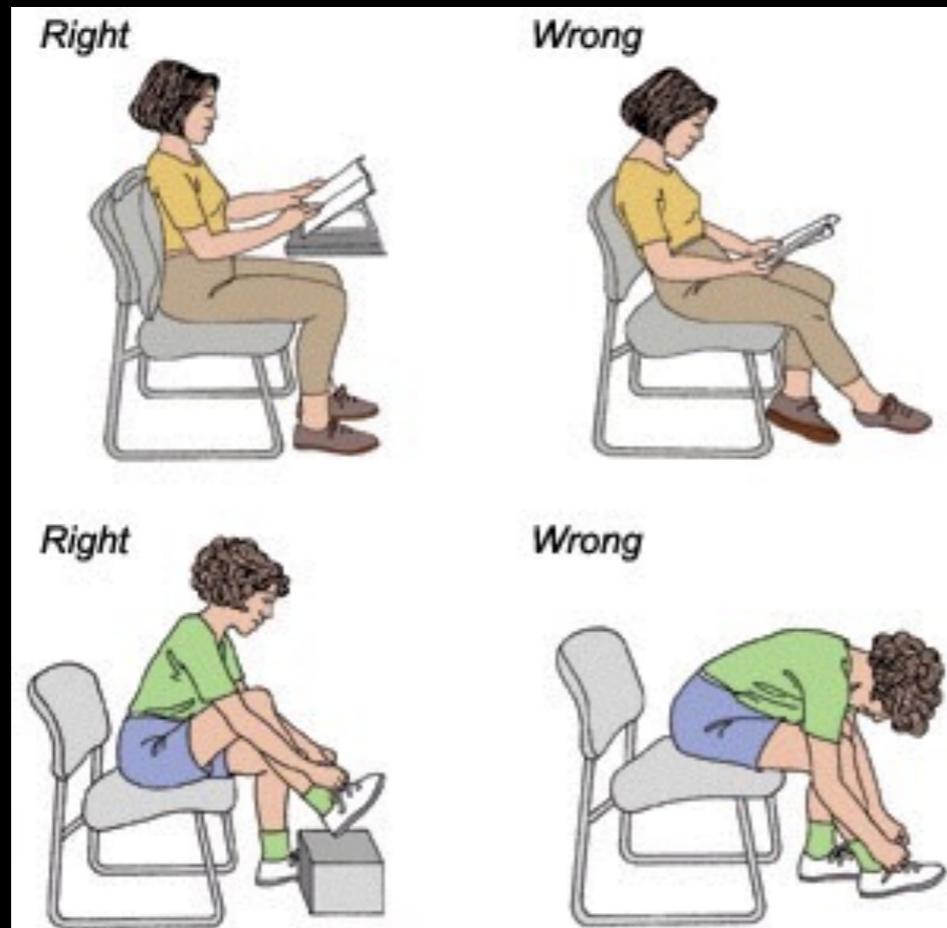
WOUND CARE



WOUND INFECTION



NO BLT



NO HEAVY LIFTING

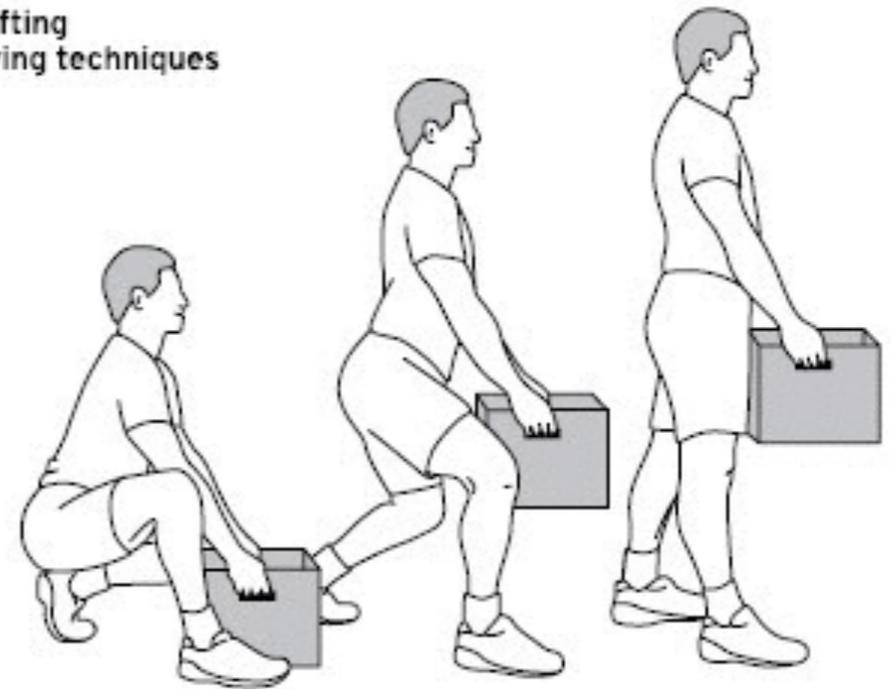


The wrong way!



The right way!

Correct lifting
and carrying techniques

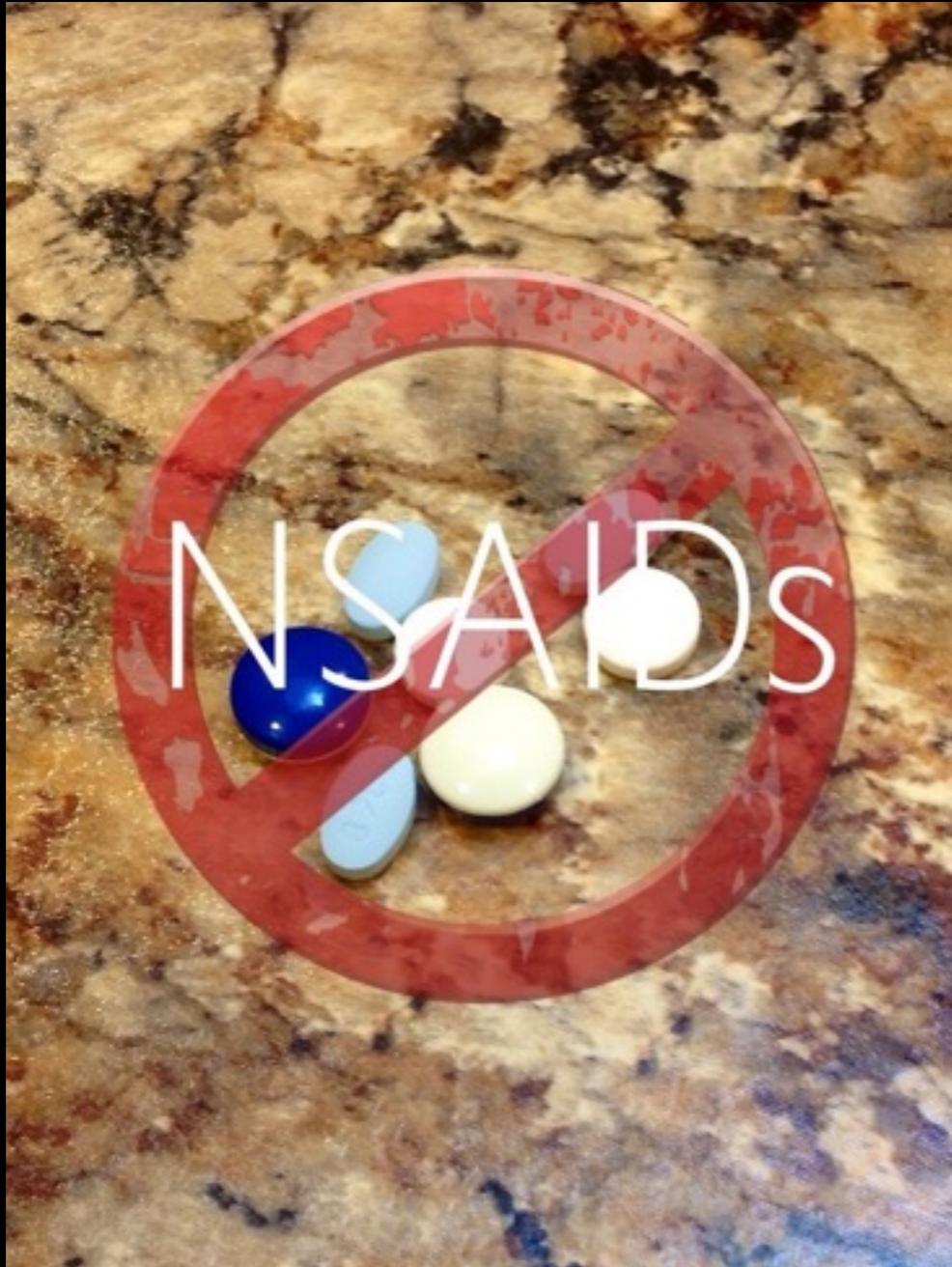


Source: Kuhlberg, Eric PT, The Hughston Clinic, Columbus, Georgia.
www.hughston.com/index.html

POSTOP MED EQUIPMENT



NO NSAIDS POSTOP



NO SMOKING OR NICOTINE



DRIVING RESTRICTIONS

