North Cheshire and Mersey
NHS Foundation Trust

Your Aspen Vista collar

Orthotics

Information for patients and carers

• Home • Community • Hospital

Caring for you

© Patient information reference: NCM0079
Review date: October 2029

Introduction

Your Aspen Vista collar helps to protect and support your neck while it heals. It works by reducing the amount of movement, which reduces the risk of further injury.

The collar will have been set up and adjusted in hospital to make sure it fits you correctly. Therefore, any adjustments should only be done if you have been shown how.



How to put the collar on (for patients without C-spine precautions)

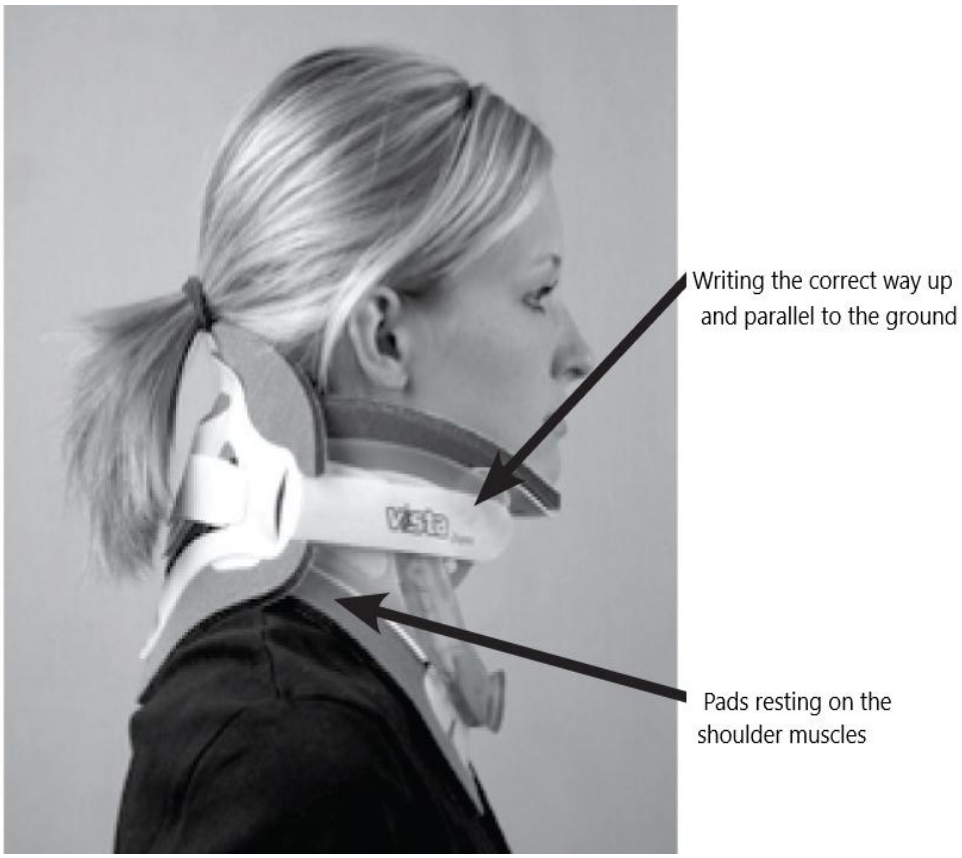
1. Position the chin piece directly under the chin. Push the sides of the front panel up over the shoulder muscles and around the neck.



2. While holding the front panel in place, attach the hook and loop straps from the back panel to each side of the front section. **Make sure the writing is the correct way up**. The straps, once fastened, should:

- run parallel to the ground

- be positioned centrally between the ears and the shoulders



3. To tighten the collar, anchor your thumb or fingers in the tracheal opening and peel back the Velcro strap on one side. Push inward on the back edge of the front panel while pulling the loop strap out, now lift the strap out and re-attach it to the hook and loop.

4. Keep the back panel centred by tightening the other side equally. Repeat until all the ‘slack’ has been removed and a secure fit has been achieved.



Your chin should sit on the chin section and NOT inside the collar. If this happens adjust the collar as described in point 3.

When the Aspen Cervical collar is properly re-applied, the chin will be centred in the chin piece, flush to the front of the plastic.

No plastic should touch any your skin.

Cleaning and skin care

Keeping the collar and the skin beneath it clean is very important. This helps prevent:

- rashes
- skin irritation
- pressure sores

Cleaning the collar will require one extra set of pads. These are normally supplied with the collar from our Emergency Department or can be ordered from the Orthotics Department.

The collar and padding should be cleaned regularly to avoid the build-up of food particles on the padding.

It is also important to:

- clean the patient's neck
- Shave when needed
- check for any skin irritation / pressure ulcers

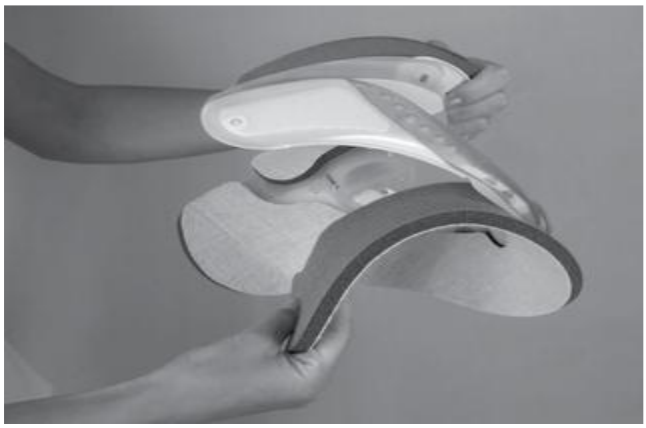
It is possible to shower wearing the collar and replace dry pads afterwards.

How to clean the pad sets



1. The pads are attached to the neck brace by Velcro tabs.
2. Remove the pads and wash them by hand with mild hand soap and water.
3. Do not use bleach, harsh chemicals or wash in a machine.
4. Thoroughly rinse pads with clean water.
5. Lay the pads on a clean, dry towel and gently pat out the moisture.
6. Leave them laid out to allow them to air-dry. Do not machine dry.

7. If the plastic part of the collar becomes dirty or soiled, it can also be wiped with mild soap and water. This can be wiped dry or air dried.



The white cotton side will always have contact with the skin.

Spare parts

Replacement pads are available from the Orthotics Department.



The top left item is the back pad. The top right item is the front pad. The item at the bottom of the picture is the chin pad.

Further information

If you have any problems or concerns fitting of the brace, please contact the Orthotics Department on 01925 662446 (available Monday to Friday, 8am to 4pm).