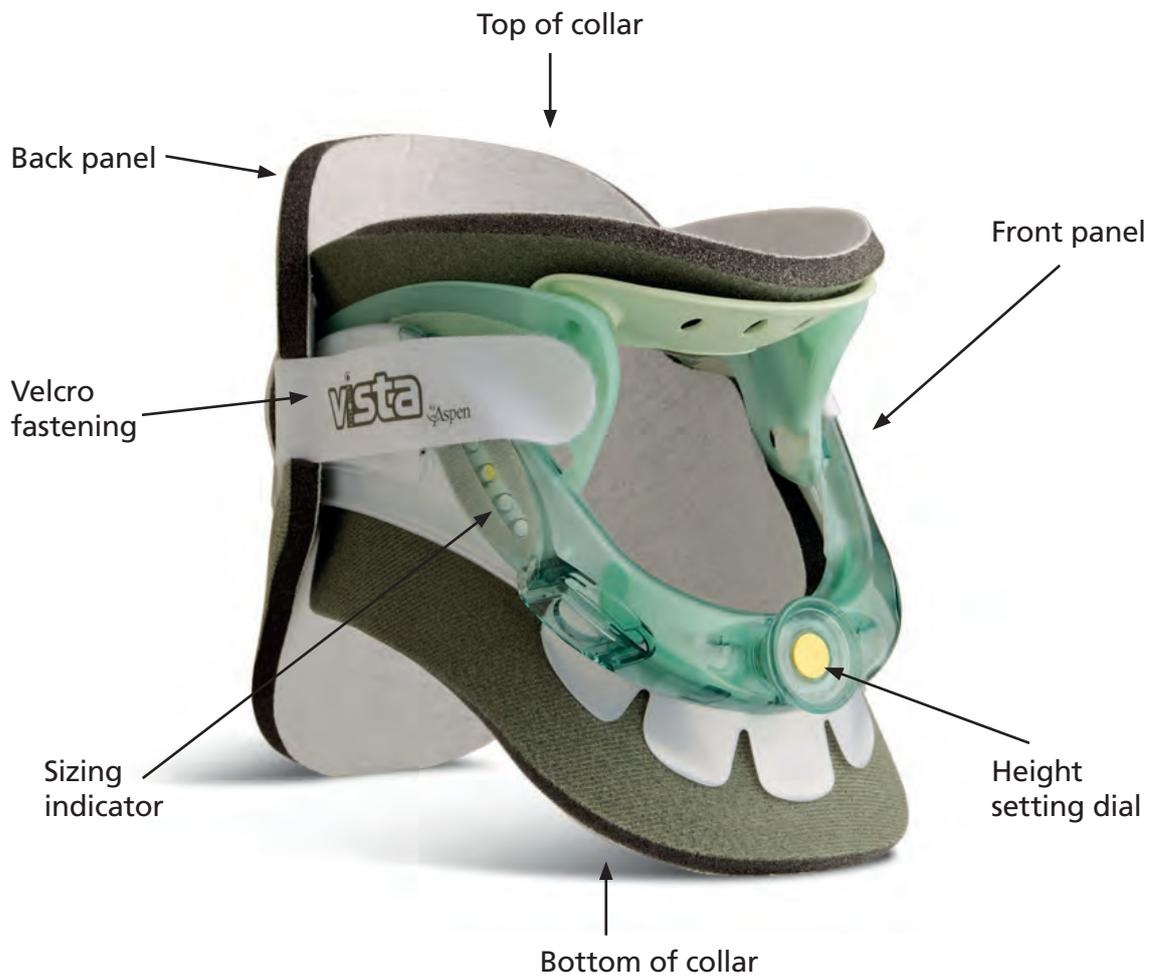


Physiotherapy department

Aspen Vista cervical collar



Fitting instructions

1. The neck area should be free of clothing, as the collar needs to be fitted directly against the skin. The person who needs the collar should be lying on their back on a flat surface, without a pillow or using a thin pillow only.
2. Hold up the back panel, the Vista logo should be the right way up.
3. Starting from one side, press the back panel firmly into the mattress to slide it underneath the neck.



4. The Velcro strap should be half way between the bottom of the ear and the shoulder.



5. Now take the front panel and place it underneath the chin, resting onto the chest.



6. Loosely fit each of the velcro straps of the back panel onto the sides of the front panel.



7. Pull the central button (yellow in colour) towards you and turn it clockwise or anticlockwise until the collar is snug underneath the chin. The head should not be forced back or allowed to drop down.



8. Gently undo the Velcro strap on one side, guide the collar around the back of the neck and **up** towards the ear, to avoid it resting on the shoulder.

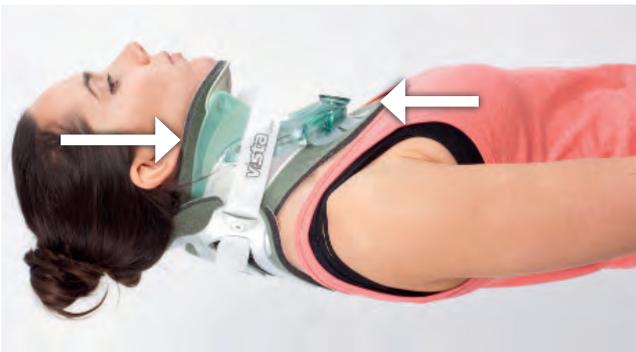


9. Repeat this on the other side of the collar so that the collar now has a snug fit.

10. Check that the person feels comfortable enough to breathe normally and swallow.

11. Check the fit:

- You should be able to fit your finger between the brace and the skin at the earlobe, down behind the jaw. You should not be able to bring your finger forward past the jaw towards the chin.
- Run your finger underneath the section of the collar that rests on the chest. If you can fit more than your fingertips underneath the collar, it is too loose.
- Repeat steps 6 and 7 until the collar fits as recommended in steps 10 and 11.



Tests to check the correct fit (see step 11)

The pads must cover all the plastic to make sure no plastic edges touch the skin.

Your collar instructions

Your collar only needs to be worn as required for pain relief	Yes / No
Your collar must be worn at all times day and night	Yes / No
If NO ... you can remove your collar	
• In bed	Yes / No
• Sitting in a chair	Yes / No
• Walking indoors/outdoors	Yes / No
• For car journeys	Yes / No
• In the shower	Yes / No
Your collar must be put on in lying position	Yes / No
Your collar can be put on in sitting position	Yes / No
Your collar must only be changed by a trained healthcare practitioner	Yes / No
Your collar can be changed by a trained carer or relative	Yes / No

Your multidisciplinary team (MDT)

Your consultant	
Your physiotherapist	
Your occupational therapist	
Your district nurse	
Your follow up appointment	
The Christie Hotline telephone number	0161 446 3658

Skin care

Pressure, moisture, friction, dirt and heat can all lead to damaged and broken skin.

At least once a day the collar should be removed, the pads changed (see 'changing the pads' section for details) and the skin cleaned and dried before the collar is then replaced.

Check your skin for any discolouration (including redness), open wounds or painful areas.

- under the chin
- back of the head
- top of the shoulders
- centre of chest

Clean the skin with warm soapy water and make sure it is completely dry before you replace the collar. You can dry the skin with a soft towel.

Throughout this process your head position should not change; keep your head still as if an imaginary collar is in place.

If skin does appear red or is broken you should contact your district nurse immediately for advice and management.

Changing and cleaning the foam pads

Change the pads of the collar once a day.

Handwash the pads that you have removed with warm soapy water, rinse out all the soap and squeeze out any excess water. Allow them to air dry, laid out flat, ready for the next day. **Do not put them in the washing machine or tumble dryer.**

The padding has a notable white side and a grey side. The white side makes contact with the skin and the grey side makes contact with the collar. When replacing the pads, follow the Velcro dots as a guide and **remember to check the pads cover all the plastic** to make sure no plastic edges touch the skin.



If you need information in a different format, such as easy read, large print, BSL, braille, email, SMS text or other communication support, please tell your ward or clinic nurse.

The Christie is committed to producing high quality, evidence based information for patients. Our patient information adheres to the principles and quality statements of the Information Standard. If you would like to have details about the sources used please contact patient.information@christie.nhs.uk

For information and advice visit the cancer information centres at Withington, Oldham or Salford. Opening times can vary, please check before making a special journey.



Contact The Christie Hotline for
urgent support and specialist advice
The Christie Hotline: 0161 446 3658
Open 24 hours a day, 7 days a week