

# Facial Orthosis

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## What is a facial orthosis?

A facial orthosis (face mask) is custom-made from clear co-polyester plastic and lined with Epi-derm™ silicone gel sheeting material.

The purpose of the orthosis is to:

- Maintain normal face contours
- Decrease pain and itching
- Prevent contractures
- Minimize scars
- Moisturize tissue

## How do I put on my facial orthosis?

Apply directly on your skin.

## What is the wearing schedule?

- 1 hour on, then 1 hour off.
- Gradually increase to 4 hours on, 1 hour off.
- Continue full time 20 hours per day.
- Remove for bathing, eating, exercising, and cleaning.

## How do I care for my skin?

- Clean skin is very important. Wash face and hair daily. Rinse thoroughly.
- Observe your face for swelling or poor circulation.
- Observe the skin under orthosis for red areas.
  - Call your physician, orthotist, or therapist if you have a rash or skin breakdown.
  - Do not perforate orthosis in any red areas
- Do your exercises before applying orthosis to prevent rubbing.
- If you are in sunlight, wear sunscreen under orthosis.

## **Perspiration:**

- Wipe your skin and orthosis dry as needed. Reapply the orthosis quickly.
- Normal skin will gradually decrease perspiring.
- Burned skin will not sweat.

## **How do I clean my facial orthosis?**

- Wipe with soapy cloth and cold water.
- Dry thoroughly before reapplying.
- Clean the orthosis hourly for first few days and then daily.

## **Safety:**

Plastics are flammable. Do not expose to solvents, open flame or cigarettes.

## **What if I have a problem or question about my facial orthosis?**

Contact your clinician via the Patient Portal. My clinician is \_\_\_\_\_

or

Call our office at one of the following numbers:

- Outpatient Locations: 734-973-2400
- University Hospital: 734-936-7043

If you experience any changes in your general health, please contact your doctor.

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