



Pectus Orthosis

What is a Pectus Orthosis?

A Pectus Orthosis (brace) supports your torso to correct a pectus carinatum. Your orthosis is custom made specifically for you.



Front



Back



Side

How do I put it on?

Initially, you may need help to put the orthosis on. With practice, you will be able to put it on independently.

1. Put on a clean dry T-shirt.
 - The T-shirt should be snug fitting. Pull out all the wrinkles in the shirt.
2. Place the posterior section on a bed and lay back onto it.
 - The metal bars should be at the apex of the pectus.
3. Place the anterior section so it is positioned level of the apex of the pectus.
 - Pull the T-shirt down to remove any wrinkles before fastening straps.
4. Fasten the straps.
 - Tighten the lower strap first.
 - Tighten the top strap next.

You must wear your orthosis snugly but not to the point of pain.

What is my break-in wear schedule?

- Getting used to your orthosis is like getting used to new shoes.
- It usually takes 2-3 weeks for your skin and muscles to adjust to the orthosis.
- Follow the break-in schedule recommended by your orthotist.

Stage 1: Wear the orthosis for 1-2 hours per day. You can do this after school. This stage usually lasts 2-3 days.

- Put your orthosis on and wear it for an hour.
- Take the orthosis off and check your skin.
- If you can do this twice during the day, that is best.

Stage 2: Wear the orthosis for 2-4 hours per day. You can do this after school. This stage usually lasts 3-4 days.

- Wear your orthosis for 2 hours.
- Take the orthosis off and check your skin.
- Wear your orthosis for another 2 hours. Then take it off and check skin.

Stage 3: Wear the orthosis for 6 hours per day. You can do this after school. This stage usually lasts 5-7 days.

- Wear your orthosis for 3 hours.
- Take the orthosis off and check your skin.
- Wear your orthosis for another 2 hours. Then take it off and check skin.

Stage 4: Wear the orthosis 23 hours/day minus activity. You will start wearing your orthosis at school and while you sleep.

- Put your orthosis on in the morning before going to school.
- After school, take your orthosis off for an hour (or longer for activities).
- Re-apply your orthosis at bed-time and wear all night.
- Use your hour that you are out of your orthosis to bathe, check your skin, clean your orthosis.

What clothing should I wear?

- Always wear a clean, dry T-shirt under the orthosis.
- Wear whatever you want over it.

What happens after I am fit with my Pectus Orthosis?

- You will follow with your orthotist every 3 months.

How long will I wear my pectus orthosis?

- You will wear the orthosis “full time” until the amount of correction is satisfactory (usually about 6-8 months).
- Once the deformity does not protrude when the orthosis is off, then you will begin the maintenance phase.
 - During the maintenance phase, you will wear it at nighttime (while sleeping) only to maintain the correction.
 - This lasts about 6 months, or as long as your physician deems appropriate.

How should I care for my skin?

- Avoid lotions, creams and powders on your skin under the orthosis.
- Check your skin each day for areas of redness or irritation.
 - Remove your orthosis and lift the T-shirt to visualize your skin.
 - You may see red pressure areas, particularly at the apex of the deformity.
 - These should go away within 45 minutes.
- If you have a painful or red area, it may be due to improper positioning of the orthosis.
 - Reapply the orthosis and observe the skin again in 1-2 hours.
 - If the red area does not go away after repositioning, your orthosis may need to be adjusted or have the straps loosened.

- If you do experience skin breakdown (sore, red, raw skin), stop wearing your orthosis until the skin heals. Call your doctor or orthotist right away and make an appointment.

How should I clean the Pectus Orthosis?

- Clean the orthosis once per day with soap and water.
- Wash both the parts that touch your skin.
- Allow the orthosis to dry completely before reapplying.

What if I have a problem or question about my Pectus Orthosis?

Contact your clinician via the Patient Portal. My clinician is _____

or

Call our office at 734-973-2400

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

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Last Revised 2/2020 P&P611.1 Pectus.docx