

PATIENT INFORMATION

Collar Care Leaflet

Advice for Patients, Relatives and Carers

www.torbayandsouthdevon.nhs.uk/fractureclinic

A GUIDE FOR PATIENTS IN A CERVICAL COLLAR



A collar has been applied to immobilise, support and protect your injury.

This two piece cervical collar is designed to limit the movement in your neck. Keeping your head and neck as still as possible is an important part of the healing process. Not being able to shake your head “yes” or “no” may seem unusual, however limiting these types of motions are an important part of your treatment.

If you have any concerns about your collar please contact:

**The Fracture Clinic
Level 1
Torbay Hospital**

Monday ~ Friday 8.30 am until 4.30pm
☎ 01803 655136

Out of Hours (A&E)

 01803 654003

Please try to avoid attending the A & E department with collar problems unless it is absolutely necessary, always telephone for advice first.

- **You have been supplied with a collar which you must wear at all times**, even whilst bathing and washing your hair, unless you are advised otherwise by your consultant.
- **Your consultant will advise you how long you need to wear the collar. For for trauma and post-operative patients this is usually 12 weeks from the date of injury / surgery.** However this may vary according to the severity of your injury.
- **The collar is supplied with spare removable liners / pads which can be washed and replaced. These liners should only be changed by a Healthcare Professional and you will be advised on follow up appointments regarding collar care.** The padding on the collar has a notable white cotton side and a notable gray side that covers the foam. The white cotton will always face out and have contact with the skin.
- **Your collar should feel firm but not excessively tight**, as this will make it difficult for you to swallow or breathe.
- **Try not to rest your chin heavily on the front of the collar** as this may cause your skin to become sore.
- **You are advised not to drive in the collar**, as it will affect your field of vision and you will not be covered by your insurance policy.
- **Your skin needs to be checked regularly** to ensure that the collar is not rubbing. If you develop a sore or are worried about any aspect of your collar please contact the Fracture Clinic.

For further assistance or to receive this information in a different format, please contact the department which created this leaflet.