

INFORMATION FOR PATIENTS

Soft collars

This leaflet is for patients supplied with a soft collar to act as a reminder not to do certain neck movements.

This leaflet should be used as a general guide along with the specific advice provided by the clinician who has provided you with the collar.

Fitting instructions

Soft collars are usually made of a soft sponge material with a fabric cover.

They come in a variety of lengths and depths to allow for a comfortable and accurate fit.

The collar should be fitted with the edge with the dip fitting centrally under the chin. Most collars fasten at the back with Velcro, and it needs to be fastened firmly enough for comfort but should not be too slack as this will allow the head to move freely or the chin to slip inside.

If you have issues with fastening of the collar, there may be an alternative which can be offered, please discuss with your clinician.

Soft collars will not stop all neck movement but will help to remind you not to do some movements.

Wearing regime

Collars should only be worn for a short period of time. The person prescribing the collar will tell you when to wear it.

Do not drive while wearing your collar unless you have contacted your insurance company. You may find your insurance is invalid if you drive with the collar on.

Maintenance

You can use a stockinette or a scarf over the collar to help keep it clean.

Some collars have an outer cover, which can be removed for washing.

Other collars will come with specific washing instructions in the form of a product leaflet or as a label attached to the collar.

Allow to air dry if the collar becomes wet and do not wear it until it is dry.

Do not attempt to alter, cut or modify your collar in any way. If you are experiencing any problems with it, please contact the Orthotic Department.

Please keep this leaflet safe for future use. You are now able to contact the department directly for orthotic care as required. If you need a review appointment, you **do not** need to be referred again.

If there are new symptom(s)/condition(s) that are unrelated, a new referral will be required to be assessed for further orthotic management.

Contact details

Orthotics Department
Clinic 2
King's Treatment Centre
King's Mill Hospital
Sutton in Ashfield
Notts
NG17 4JL

Clinics are held at:

- Clinic 2, King's Treatment Centre
- General Outpatients, Newark Hospital
- Neuro Rehabilitation, Mansfield Community Hospital.

The contact telephone number for **all** orthotic queries is 01623 676163.

Further sources of information

NHS Choices: www.nhs.uk/conditions

Our website: www.sfh-tr.nhs.uk

Patient Experience Team (PET)

PET is available to help with any of your compliments, concerns or complaints, and will ensure a prompt and efficient service.

King's Mill Hospital: 01623 672222

Newark Hospital: 01636 685692

Email: sfh-tr.PET@nhs.net

If you would like this information in an alternative format, for example large print or easy read, or if you need help with communicating with us, for example because you use British Sign Language, please let us know. You can call the Patient Experience Team on 01623 672222 or email sfh-tr.PET@nhs.net.

This document is intended for information purposes only and should not replace advice that your relevant health professional would give you.

External websites may be referred to in specific cases. Any external websites are provided for your information and convenience. We cannot accept responsibility for the information found on them.

If you require a full list of references for this leaflet, please email sfh-tr.patientinformation@nhs.net or telephone 01623 622515, extension 6927.

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