



**CERVICAL COLLAR WEANING INSTRUCTIONS**

1. You can begin discontinuation of the brace/collar at this time.
2. Days 1-4: Leave the brace off during meal times (3 times daily). Leave off at night.

Days 5-8: Leave the brace off during meal times (3 times daily), plus one hour after each meal time. Leave off at night.

Days 9-12: Leave the brace off during meal times (3 times daily), plus two hours after each meal time. Leave off at night.

Days 13-16: Leave the brace off during meal times (3 times daily), plus three hours after each meal time. Leave off at night.

Days 17-20: Leave the brace off during meal times (3 times daily), plus four hours after each meal time. Leave off at night.

Day 21: Completely discontinue use of the brace.

3. These weaning instructions are very general, if at any time during the weaning process the time becomes too much to have the brace off you can alter this schedule to your comfort level.
4. If there are any questions or concerns, please feel free to contact us at (208) 732-0067.

**I HAVE RECEIVED AND UNDERSTAND THESE INSTRUCTIONS**

**Patient Signature:** \_\_\_\_\_ **Date:** \_\_\_\_\_

**Instructed by:** \_\_\_\_\_ **Date:** \_\_\_\_\_