

## General Information

### Purpose

The halo is fitted when you have a dislocation or fracture of one or more bones in your neck (vertebrae). The halo is a rigid frame that holds your head, neck, and spine in a fixed position, which reduces undesired motion in your neck to allow for healing.

### Healing

The process usually takes eight to twelve weeks. The hospital stay will vary on each case. The follow up appointments on the Halo are extremely important and should be scheduled every three to four weeks.

### Halo Key Components

The foundation of the brace is known as the vest. The vest is the plastic jacket that covers the chest. The jacket is lined with a material that allows for your skin to breathe. The structure of the brace is known as the frame. It is made up of four upright bars and two headlocks that connect the vest to the halo ring. This provides positioning and traction for your neck. The halo ring is rigid and surrounds your head and is held in place by pins that attach to the outer layer of the skull.

### Halo Activity

All activities involving heavy lifting, jumping or running must be avoided. Should you find that your neck starts to hurt after you have been active, you should stop and rest. Should the neck pain continue or you find any change in the feeling and movement in your arms or legs, you must immediately notify your doctor's office.

At any time, should you notice any of the following changes, your halo may need to be assessed for adjustments:

- A pin, nut, or bolt is loose
- Any uncomfortable pressure in a particular area
- Gained or lost a substantial amount of weight

If any of this should occur, it would be beneficial to avoid excessive movement until your halo can be assessed by your Orthotist.

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Inland Artificial Limb & Brace, Incorporated has five locations to best serve you. Our offices are located in Riverside, Temecula, Norco, Chino, and Anaheim. This allows us to service patients throughout Orange County, Riverside County, and San Bernardino County without the hassle of long distance travel.

[www.Inlandlimbandbrace.com](http://www.Inlandlimbandbrace.com)

This brochure is not intended to be used as a substitute for professional medical advice.

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**Inland Artificial Limb & Brace, Inc.**  
Your Premier Choice for Orthotic and Prosthetic Services

## Care Information

### Vest Care

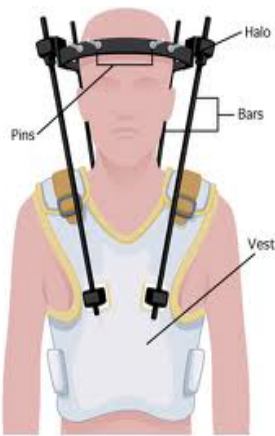
- DO NOT attempt to loosen or adjust your vest. All adjustments must be done by Medical Staff only.
- The Vest should be kept dry. Should the lining of the vest continuously get wet, it will cause it to mat and can possibly irritate your skin and cause infection.

### Pin Care

In order to decrease the risk of infection proper cleaning of the pin sites should be carried out with assistance from a nurse or family member.

The pin site should be clean and dry at all times. Areas around your pins should be cleansed with soap and water. Cleaning can be done with shampoo on days when you are washing your hair.

Always keep an eye out for signs of infection such as bleeding, oozing, crusting or scabbing. DO NOT use any ointments or antiseptics on your pin site unless it is prescribed for an infection. An infected pin will most likely be removed and replaced by a new pin. Please immediately report any of these conditions to your doctor's office.



## Personal Hygiene Guidelines

### Bathing

Showering should not be attempted because the liner will absorb water and can lead to skin infection. We recommend daily washing be done via sponge baths.

To wash your body under the vest, we recommend patients lie on their back and use a damp bath towel. The towel should be pulled back and forth by pulling the ends in a drying motion beneath both the front and back portions of the vest. Every two to three days, you may use a towel moistened with alcohol in the same way to clean and dry the skin under the vest.

Without removing the vest, you should check your skin under the liner a minimum of once a day to check for pressure sores, reddened areas, or other skin irritations. Immediately contact your doctor's office or orthotist if you develop any skin irritations.

### Hair Care

To reduce risk of infection around the pin sites, very carefully and thoroughly cleansing of your hair should be done a minimum of once a week with the help of an assistant.

Remember the halo liner and vest should be protected to avoid getting wet. The patient can lie on the edge of a flat surface with their head extended over the edge. A catch basin should be placed under your head and shoulders while your assistant carefully washes and rinses your hair, being careful not to bump the pins. Your hair should then be hand dried. You can also use a dryer on cool after hand drying the hair. While using the Halo, some people may develop dandruff or dry scalp. The problem should dissipate after the Halo is removed. In the interim, changing shampoos can sometimes help. Dyes, sprays, and conditioners are not permitted. You should always inspect and clean your pin sites after washing your hair.

## Personal Hygiene Guidelines

### Sleep

For support or comfort while you sleep you may want to use pillows, foam wedges, or a rolled towel behind your head, neck, back and knees. However, it is very important that the pillows, foam wedges, or rolled towel do not apply pressure. In fact, the back of the ring should never be rested on anything, in order to reduce the possibility of a pin loosening.

It is very important, when getting out of bed, to do so by rolling up onto your side at the edge of the bed, drop your legs off the edge and push sideways with your elbow and hand at the same time. DO NOT try to sit straight up, bending from the waist. Doing so would cause too much stress on your front pins.

### Clothing & Footwear

The length of time in the halo is approximately three months. However, that may vary. While in the halo, some clothing alterations for above the waistline will need to be done. The clothing will need to be loose to allow enough room to go over your head and neck.

Your foot wear will also need some altering. Shoes and boots need to have traction soles to avoid slipping. A shoe with a heel should not be worn because it changes your balance and will again increase your chances of slipping. If improper shoes are worn you may also experience back pain.

### General Information

A prime concern while wearing the halo for many is balance and travel. Many express the experience of the halo causing a top heavy effect. You must always use caution in your daily activities to overcome this effect. Especially when going from standing to sitting or vice versa. Patients also experience a limited range of vision while wearing the halo. Therefore, driving is NOT permitted.