

## What is pectus carinatum?

- Pectus carinatum is when the cartilage that connects the ribs to the sternum (breastbone) does not grow in a normal way. This causes the chest or ribs to jut outward.
- Sometimes, children who are still growing wear a brace to help correct pectus carinatum.

## What is a pectus carinatum brace?

A pectus carinatum brace:

- Is a lightweight brace that is custom made for your child.
- Wraps around your child's torso (trunk).
- Puts gentle pressure on both the front part of your child's chest that juts out and on their back for resistance.

## Who will treat my child?

An orthotist will treat your child. Orthotists measure, design and fit braces.

## How does the brace work?

- Over time, the brace should push the breastbone back towards a normal position.
- Your child's orthotist will adjust the pressure on the brace on a regular basis. This is so it can work but still be comfortable as your child grows.

## What can I do to help prepare my child?

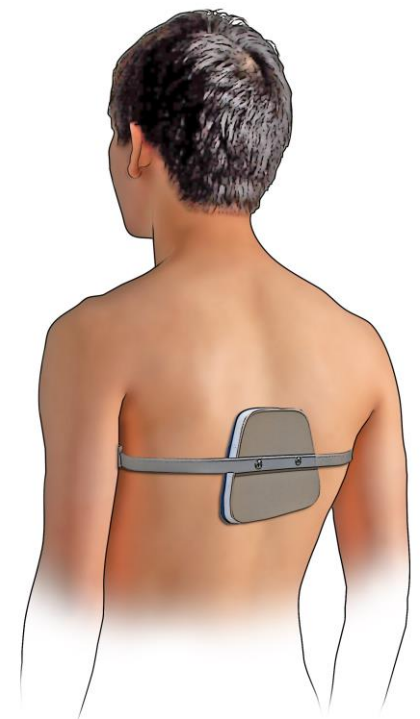
Tell your child that:

- Your child's orthotist will measure their chest for the brace.
- Your child's orthotist will take a digital scan or take a cast of their chest. This will be used as a mold to make the brace.
- The brace may feel different or strange at first, but it will get better with time.

## What are the steps to use the brace?

Your child's orthotist will teach you how to put on and take off the brace.

Your child may wear a tight fitting shirt under the brace to help prevent skin irritation.



**In case of an urgent concern or emergency, call 911 or go to the nearest emergency department right away.**

# Pectus carinatum brace, continued

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## How to put on the brace

- Loosen the strap on 1 side. Open the strap all the way on the other side. Wrap the brace around your child's torso.
- Place the opened strap back into the buckle.
- Position the brace so the front pad is centered over the part of the chest that juts out and the relief on the back pad is centered down the spine.
- Tighten both straps evenly around your child's torso. The straps should be tight enough to keep the brace from moving up and down on your child's chest.

## How to clean the brace

- Use a washcloth with rubbing alcohol or alcohol wipes to clean the pads of the brace. Do this 1 time each day.
- Use a damp washcloth and mild soap to scrub the padding. This is to help prevent germs. Do this 1 time each week.
- Make sure the brace is dry before you put it back on your child.
- Do not cover the brace with water. This may damage the brace or cause germs to grow.

## Wearing schedule

- Your child will wear their brace on a schedule for the first 1 to 2 weeks. This is called the break-in period. During the break-in period:
  - Your child's skin needs time to adjust to being against the brace.
  - You will slowly increase the amount of time your child wears the brace.

		Brace stays on during the day:	Brace stays on overnight:
Week 1	Day 1	1 to 2 hours	--
	Days 2 to 7	Add 1 to 2 hours each day	--
Week 2	Day 8	8 to 10 hours	8 to 12 hours, or as tolerated
	Days 9 to 14	8 to 10 hours	8 to 12 hours

- After the break-in period is over, your child will wear the brace for 18 to 23 hours each day (or as advised by their doctor).
- Your child may remove the brace when they:
  - Play contact sports (like football, basketball and soccer).
  - Swim.
  - Take a shower.

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# Pectus carinatum brace, continued

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## How long will my child wear the brace?

- Most often, your child will wear the brace full time for 6 months to 1 year. Some children may need to wear the brace for longer.
- Once the breastbone gets pushed back to a normal position, your child may need to wear the brace for another year to help make sure the breastbone stays in place.
- Help and encourage your child to wear the brace as advised by their care team. This will help your child get the best results.

## When should I call the orthotics department?

Call the orthotics department if:

- Your child has signs of skin problems, such as:
  - Redness that does not go away after 30 minutes of taking off the brace.
  - Blisters, sores or a rash under the brace.
- You have any concerns about how the brace fits.
  - This may be due to your child’s growth and other physical changes.
  - If your child outgrows their brace, the doctor will need to write a new order.
- You have any other questions, concerns or problems with your child’s brace.
- Please ask for a visit for that day or the next business day.
  - Use the phone numbers listed below to schedule a visit.
  - If it is a weekend or holiday, have your child wear the brace as tolerated and call the next business day.

## Orthotics department addresses and phone numbers

5445 Meridian Mark Road Suite 200 Atlanta, GA 30342 404-785-3229	3300 Old Milton Parkway Suite 370 Alpharetta, GA 30005 404-785-3229	605 Big Shanty Road NW Kennesaw, GA 30144 404-785-3229	410 Peachtree Parkway Suite 300 Cumming, GA 30041 404-785-3229
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2270 Duluth Highway 120 Suite 200 Duluth, GA 30097 404-785-3229	2174 North Druid Hills Road 6th Floor Atlanta, GA 30329 404-785-3229	1265 Highway 54 West Suite 200 Fayetteville, GA 30214 404-785-3229
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**This teaching sheet contains general information only. Talk with your child’s doctor or a member of your child’s healthcare team about specific care of your child.**

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