Knee Brace (Immobilizer)

A knee brace (*immobilizer*) supports your knee and keeps you from bending it. It should fit high up on the thigh. The bump or ridge goes behind the knee. Ask as many questions as you like, until you know how to put it on and how to adjust it for comfort.

HOME CARE

- Wear and remove the brace only as told by your doctor.
- Be sure you have the phone number of the person you will see next. Know when to call him or her.
- Learn how to walk safely on crutches, if you were fitted with them.
- Adjust the brace as often as needed while wearing it. Braces tend to slide down toward the feet.
- You should not drive a motorcycle while wearing a knee brace.
- You should not drive a car or truck if the brace is on the right knee.
- You may drive a car or truck with an automatic shift if the knee brace is on the left knee.

Only take medicine as told by your doctor.

GET HELP RIGHT AWAY IF:

- The pain is not helped by medicine.
- There is puffiness (*swelling*) or tenderness in the leg, below the knee.
- There is pain in the chest or shortness of breath.

MAKE SURE YOU:

- Understand these instructions.
- Will watch this condition.
- Will get help right away if you or your child is not doing well or gets worse.

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