# Cervical Collar

A cervical collar is used to hold the head and neck still. This may be a soft, thick collar or a more rigid hard collar. This can keep your sore neck muscles from hurting. The collar also protects you in case a more serious injury of the neck is present and can not be seen yet on an x-ray.

## FOLLOW THESE INSTRUCTIONS FOR COLLAR USE:

- Attach the Velcro tab in back.
- Make it tight enough to support part of the weight of your chin.
- Do not make it so tight that it hurts or makes it hard to breathe.
- Wear it until you are comfortable without it or as instructed.

## HOME CARE INSTRUCTIONS

- Ice packs to the neck or areas of pain approximately every 1-2 hours for 20 to 30 minutes while awake. Do this for 2 days or as directed. Ask your physician if you may remove the cervical collar for bathing or ice.
- Do not remove any collar unless instructed by a caregiver. Ask if the collar may be removed for showering or eating.
- Only take over-the-counter or prescription medicines for pain, discomfort, or fever as directed by your caregiver.
- Do not drive a car until given permission by your caregiver.
- Follow all instructions for follow-up with your caregiver. This includes any referrals, physical therapy, and rehabilitation. Any delay in obtaining necessary care could result in a delay or failure of the injury to heal properly.

## SEEK IMMEDIATE MEDICAL CARE IF:

- You develop increasing pain.
- You develop problems using your arms or legs or have tingling or other funny feelings in them.
- You develop loss of strength in either of your arms or legs or have difficulty walking.
- You develop a fever or shaking chills.
- You lose control of your bowels or bladder.

## MAKE SURE YOU:

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

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