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Future knee brace washing instructions

A medical or sports brace may be your best friend after an injury or on the playing field. However, the relationship can quickly turn sour if you don't take steps to keep your braces clean. Cleveland Clinic is an academic non-profit medical center. Advertising on our website helps us support our mission. We do not support non-Cleveland Clinic products or services. The policy experienced athletic trainer Bob Collins answers questions about maintaining braces properly to keep them smelling fresh. Q: Apart from keeping the smell away, why is it important to clean the braces? A: Depending on what kind of braces you have, a medical or athletic brace can be quite expensive. Maintaining and cleaning it will help extend its lifespan. Also, when you do not clean the braces regularly they not only start to smell bad, but they also sometimes can cause health problems, such as folliculitis, ringworm and even staph infections. Q: Can you leave a brace on too long creating problems? A: Yes, wearing a brace will increase the body temperature in this region, causing moisture to accumulate. Over time, this can cause skin damage. If you are not active, you should remove the braces to allow the skin and braces to dry out. Of course, you should always follow the recommendations of the medical staff who prescribed brace. Contact that person if you have any questions about when or should not wear your braces. RELATED: These injections can help chronic muscle and joint pain Q: How often should you clean a brace? A: Depends on the type of brace and the activities you engage in. If it's a medical brace that you wear every day, cleaning it every four to six days is fine, especially if you're not very active in it. But if you are gardening, exercising or engaging in some other activities that would get mostly dirty or sweaty braces, you should definitely clean after this activity. You should always clean athletic braces every two to three days. RELATED: To overcome anxiety during sports injury recovery Q: What is the correct way to clean a brace? A: Most braces come with a set of cleaning instructions that you should follow. For most of them, a light soap or laundry detergent and cold water will do the trick. Allow the brace to air dry, in most cases, you should not go into the clothes dryer. For athletic braces that get heavy use, you can also easily spray them with disinfectant and allow them to air dry. Q: Are there natural options for cleaning braces? A: A sodium bicarbonate and a small amount of vinegar will keep the straps clean and help control odors. Q: Why do other types of maintenance need braces? A: Depends on what type of brace it is and is designed. For example, hinged straps may need to have screws tightened. Inspect the straps regularly for wear. Q: How do you know when it is for a new brace? A: Every time the straps or seams are undone, this is a good indicator that the brace has reached the end of its life. Also, the fit of the dental apparatus can change, either because of wear and tear or because of changes in our body. If the brace has become too free or too tight, that is a sign that you should inspect it closely and possibly replace it. RELATED: Do you know your options for osteoarthritis? Allergy Health Services and Hayfever Allergy and Hayfever With the right medications, optimal application techniques and appropriate lifestyle tips to minimize exposure to allergens, many of the symptoms of hay fever can be prevented before they even appear. More information Book Now Amcal has been Australia's trusted pharmacy for 80 years. Now, with our new app, we help you stay up to date with your health every day. You will have at hand a number of features at hand, such as: easily connect to the local team of Amcal pharmacies. Know when you're about to run out of medication, or when your meds are delayed. GP Link, which links you directly to the GP for easy repeat requests. 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