



We can provide interpreters for a variety of languages, information in larger print or other formats (e.g. audio) - please call us on 01932 723553.

To use the Text Relay service, prefix all numbers with 18001.

اگر نیاز به ترجمہ دارید، لطفاً با شماره 01932 723553 تماس بگیرید.

ने उदाहृत उतरमने की लेख वै उं विरथा करके इस नंबर उे डेन करे: 01932 723553

اگر آپ اس کا اردو زبان میں ترجمہ چاہتے ہیں، تو براہ کرم اس فون نمبر 01932 723553 پر رابطہ کریں

Se precisa de uma tradução por favor contacte: 01932 723553

আপনার অনুবাদের দরকার হলে এখানে যোগাযোগ করুন : 01932 723553

यदि आपको अनुवाद की ज़रूरत है तो कृपया इस नंबर पर फोन करें: 01932 723553

Jeżeli chcemy, aby te informacje w innym języku, proszę zadzwonić 01932 723553

Ashford Hospital
London Road
Ashford, Middlesex
TW15 3AA
Tel: **01784 884488**

St. Peter's Hospital
Guildford Road
Chertsey, Surrey
KT16 0PZ.
Tel: **01932 872000**

Website: www.ashfordstpeters.nhs.uk

Fitting and wearing your Miami J® Collar in sitting (Post-operative)



Further Information

We endeavour to provide an excellent service at all times, but should you have any concerns please, in the first instance, raise these with the Matron, Senior Nurse or Manager on duty. If they cannot resolve your concern, please contact our Patient Experience Team on 01932 723553 or email asp-tr.patient.advice@nhs.net. If you remain concerned, the team can also advise upon how to make a formal complaint.

Author Carley Allen

Department: Orthopaedics

Version: 1

Published: January 2018

Review: January 2020

Patient Prescription

Patient name

1. How long is the collar required?

3 months 6 months Other

2. When does the collar have to be worn?

24 hours Daytime When mobilising only Other

3. Does the collar need to be worn in bed?

Yes No

If no, Is a soft collar required for night time?

Yes No

4. Can the patient shower without their collar on?

Yes, in standing Yes, in sitting No

Introduction

A Miami J collar is used to support and protect your cervical spine (neck).

Your doctor has determined that wearing a collar will aid in your overall rehabilitation. The purpose of this collar is to maintain your neck in an appropriate position and limit the movement in order to aid healing.

This leaflet will explain the things that you should do to care for, and use your Miami j collar correctly.

You are able to apply your collar in sitting. This can be done independently. Using a mirror will help you fit the collar correctly.

You will be shown how to apply and look after your collar on the ward prior discharge.

Application

- Before applying your collar ensure the pads are aligned correctly and are clean. Advice on pad changing can be found further on in this leaflet



- Ensure the angulation buttons are locked to ensure the collar does not move when in position. In the locked position the 'arrow' is horizontal to the adjustment hole



Changing and washing pads

Collar pads should be changed daily or more frequently if desired.

- Remove the blue pads and wash by hand in mild soapy water
- Rinse and allow to air dry on a flat surface
- Replace collar pads with a new set ensuring all edges are not exposed and the pads line up correctly. Smooth side towards your skin



How to take the collar off

- Sit down with your feet firmly on the floor
- Undo one side of the Velcro and remove the collar

Washing advice

Wash your skin with mild soap and warm water daily. Your skin should be checked daily to identify any areas which are red and sore. If this is the case you may need to apply a pressure relieving dressing over these areas.

Avoid using moisturisers.

Ensure your skin is dry before applying the collar

- Sit upright with your feet firmly on the ground
- Keeping one side attached, wrap the collar around your neck, bringing the front section under your chin



- Guide the collar under your chin and around your jaw line.



- Aim the top edge of the collar towards the earlobe



- Attach the Velcro onto the front part of the collar, lining it up accurately



- Hold the Velcro from the back part of the collar



- You may readjust both sides to ensure the collar is supportive and symmetrical

