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

ਜੇ ਤੁਹਾਨੂੰ ਭਾਸ਼ਾ ਦੀ ਲੋੜ ਹੈ ਤਾਂ ਕਿਰਪਾ ਕਰਕੇ ਇਸ ਨੰਬਰ 'ਤੇ ਫੋਨ ਕਰੋ: 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

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Soft Cervical Collar

Orthopaedics



Soft Collars

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

Your doctor will have advised you wear this according to your injury. The soft collar will be fitted by a health care professional to ensure it is sized appropriately.



Patient Prescription

Date:

Patient name:

1. How long is the soft collar required? weeks

2. When does the soft collar have to be worn?

24 hours During daytime hours only other

3. Is support needed with checking the soft collar and completing skin hygiene daily?

Yes.....No.....

If yes this will be done by

4. Can the patient shower without their soft collar?

Yes No

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.

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- They can become a blister or open wound. If left untreated, they can get worse and eventually reach deeper layers of skin or muscle and bone.
- If you suspect you are developing a pressure ulcer; whilst sitting in a chair and holding your head still, remove the collar for a period of minimum 2 minutes at every 4-6-hour intervals, this will help to relieve the pressure from the collar and to increase circulation.
- If you developed any broken skin or developed a pressure ulcer, contact your GP practice nurse.

What to do if you have any concerns

Please have your NHS or hospital number to hand

- Contact the Trauma Specialist Nurses via switch board on 01932 872000 Monday-Friday 08:00-16:00hrs (bleep 5204)
- Or phone Swan ward for advice on 01932 723221

If you experience any of the following, please seek advice by calling 111 or attending St Peter's emergency department.

1. New sudden severe neck pain.
2. Weakness, tingling or loss of feeling in your face, arms, or legs.

Wearing your soft collar

- Most soft collars are worn at all times (day and night).



- They are applied easily with the ends meeting and connecting with velcro at the back of your neck.
- It is advisable to remove the soft collar daily in sitting, using a mirror to help you.
- The collar can be removed, your skin washed and checked, and reapplied.
- Avoid using moisturisers and creams, wash your skin with soapy water and ensured dried thoroughly

****When your soft collar is off please try to keep your head relatively still with no sudden movements****



Shaving

We would recommend that you shave daily or every other day, this enables you to visualise your skin and ensure that it is not getting red and sore around your chin or neck.

You can shave by removing your collar, (keeping your head still). Sitting in front of a mirror and using a hand mirror to assist you shave. If you find this difficult then you may need to ask a friend or relative to assist you.



- Please check your skin daily.
- Remove the collar, wash your neck using soap and warm water.
- Dry the area and check for any sore red areas on your skin where the collar is, especially around your jaw, chin, collar bone, top of shoulders, ears and back of neck.
- Pressure ulcers (pressure sores) usually form over bony parts of the body, for example your jaw, chin, or chest bone.

- Symptoms of a pressure ulcer include:
 - Discoloured patches of skin that do not change colour when pressed - the patches are usually red on white skin, or purple or blue on black or brown skin.
 - A patch of skin that feels warm, spongy, or hard.
 - Pain or itchiness in the affected area of skin.
 - Pressure ulcers usually develop gradually, but they can appear over a few hours.

Skin Checks

This should be done when washing your neck, whilst sitting in front of a mirror