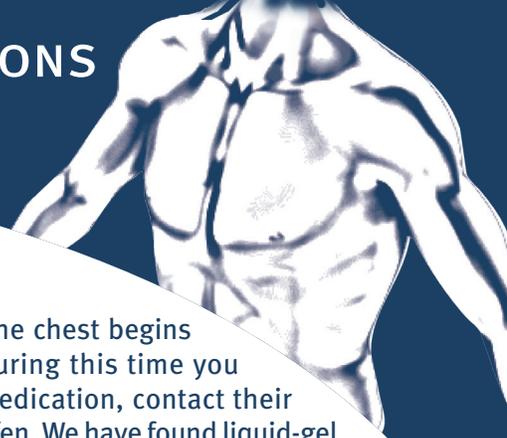


T-JOE BRACE™ WEARING INSTRUCTIONS



When first beginning to wear your pectus brace it will feel a little awkward until the chest begins to re-shape and you get accustomed to feeling the brace around your chest. During this time you may experience some discomfort and soreness. Your doctor may suggest pain medication, contact their office but in general most doctors suggest over the counter medicines, such as ibuprofen. We have found liquid-gel capsules to work best as they are quicker release. Please check with your doctor before taking any medication.

Clothing: It is recommended that the T-Joe Brace be worn directly on the skin for males and undeveloped females. It has been our experience wearing it over clothing may result in the brace sliding out of position. If discomfort or skin irritation should occur we suggest wearing the BraceMate™ bodyshirt under your brace.

Females: For our young adult / developed females, wear the brace over a bra (such as a sports bra) that has smooth soft material over the sternum. Bras that have underwire or thickened seams between the breasts may result in skin irritation. A BraceMate™ brand bodyshirt 'Tube-Top' version is comfortable and may also be worn under the brace.

Position: We suggest that the T-Joe Brace is to be worn with the chest bar positioned directly over or just slightly below the nipples (for males and undeveloped females). You can check for correct positioning by standing in front of a mirror. For developed females we suggest that your brace be positioned over the apex or peak of the pectus defect. At time of fitting your provider will show you where to position your brace.

Fastening: Your provider will show you how to put your brace on and take it off. You will also be instructed on how far to tighten your brace using marks on the ladder straps so you can easily remember.

It is important that each side of the brace be tightened EQUALLY to the designated mark. DO NOT leave one side of your brace connected and only tighten the other. It will result in a 'lopsided' chest.

As your chest wall and pectus begins to re-shape, you will feel that your brace is loose and it may even slide around. This is a good indication that your pectus is beginning to improve. This process may occur as quickly as a few hours or may take several days, each person is different. If the brace continues to slide out of position call our office or your provider to discuss options. However some solutions would be to wear a compression type shirt such as Under Armour™ over the brace to keep it in place especially at bedtime. If additional sliding of the brace does occur suspenders can be added to keep it in place. Do not over tighten your brace to keep it in place. Call our office or your provider with questions.

It is recommended that you see your healthcare provider 2 weeks after first applying the brace, then again every 6 weeks thereafter to monitor your chest and medical status.

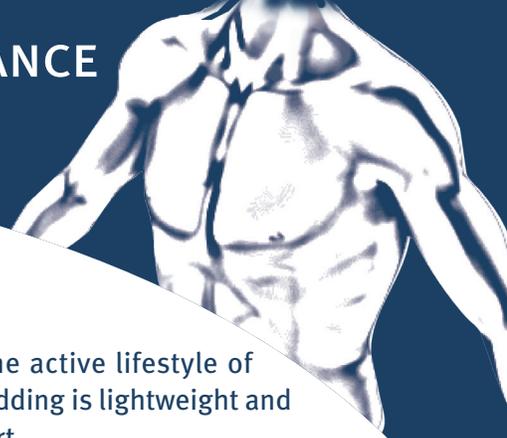
Call your provider or our office anytime with questions.



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T-JOE BRACE™ CARE AND MAINTENANCE



The T-Joe Brace is designed for freedom of movement and comfort, allowing the active lifestyle of kids and young adults involved in sports, gym class or just plain having fun! The padding is lightweight and ultra modern. Regular cleaning will help maintain good hygiene and optimal comfort.

The Chest Compression Plate™ and the Back Support Plate™ have our own specially designed pad called 'bi-laminate'. It is then fitted with our covers available from the T-Joe Store on our website. It is recommended that both be cleaned at least once a week.

To clean these pads use your bathroom sink. Set the stopper and mix a small amount of warm water and a drop or two of antibacterial hand soap. Whip up the water with your fingers forming suds. Then using a soft fingernail brush, scoop up some of the suds and gently scrub the surface of the Chest Pad and the Back Pad (without the cover). Repeat this step a few times with soap, but for the last cleaning, drain the soapy water and just use clear water on the brush as a rinse. Do not immerse in water.

Next use a terry cloth towel to pat them dry. You can also use a blow dryer on the cool setting to help them dry more quickly. Be sure to allow a few extra minutes to dry the pads before putting the brace back on. Your skin may get a rash if it's put back on damp.

The Side Bar Sleeves, the Back and Front Pad Covers may simply be tossed into the laundry. Do not over-dry them as they may shrink. You can purchase spare Covers and Side Bar Sleeves from the T-Joe Pectus Store on our website: PectusServices.com

If any problems should arise contact our office or your brace provider for assistance.

THANK YOU FOR CHOOSING THE T-JOE PECTUS BRACING SYSTEM!

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PECTUS PHOTO INSTRUCTIONS



HOW TO TAKE PECTUS PHOTOS

During your T-Joe Brace treatment you may need to take a set of photos to monitor your results. Follow the guidelines below and the sample photos on the back of this sheet for best results:

- Stand with heels about 12 inches away from a solid, dark colored wall.
- Keep arms and hands at the side (not in pockets) with a relaxed and natural stance. Eyes should be looking straight ahead, not at the camera, head level.
- The camera person will stay in the same spot and have the pectus person rotate/move so that each photo is the same distance from the camera.
- When taking the photos the camera should be at the same level as the pectus defect. So if the patient is a child the cameraman may have to kneel.
- The photos should be taken from the nose down to about an inch below the navel. No face. Remove shoes – socks or bare feet only.
- For males and undeveloped females (children) remove all clothing from the waist up. The chest should be bare skin.
- For developed females the breast area needs to be covered but not the pectus defect. Female adhesive breast covers can be used.
- Take the photos of the pectus person at the following angles. See the photo examples on the reverse side for a better understanding:

1. Front view
2. Left side view
3. Left 45 degree
4. Back view
5. Right side view
6. Right 45 degree
7. Top down view
8. Bottom up view

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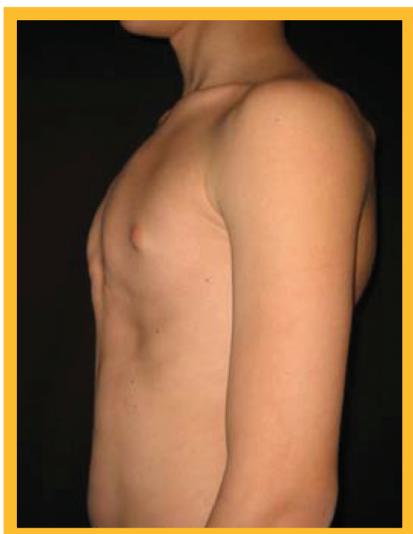
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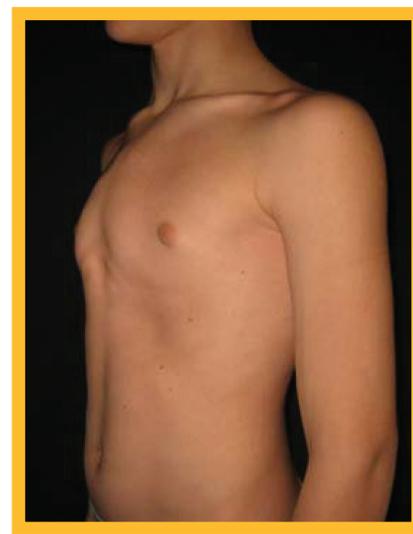
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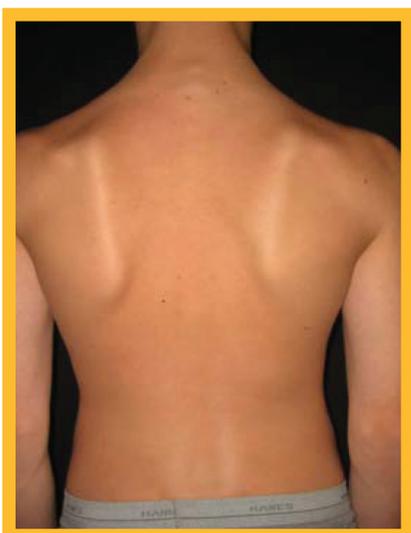
1. Front view



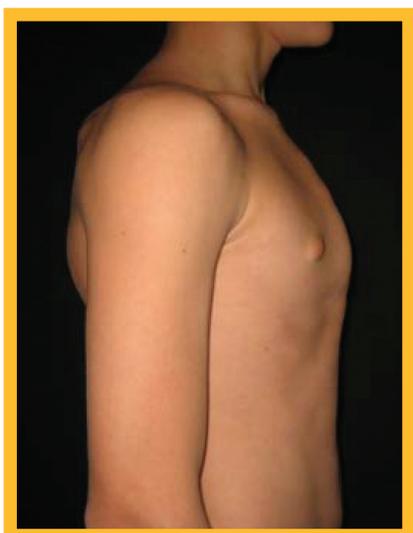
2. Left side view



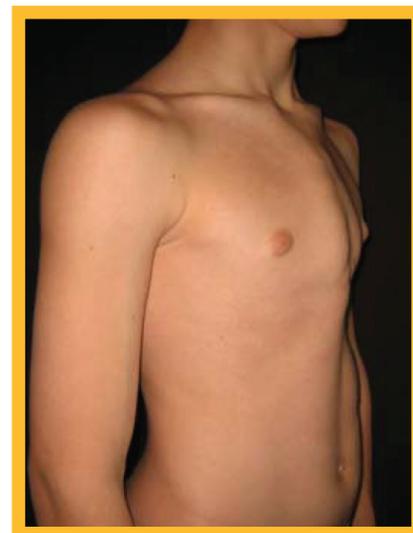
3. Left 45 degree



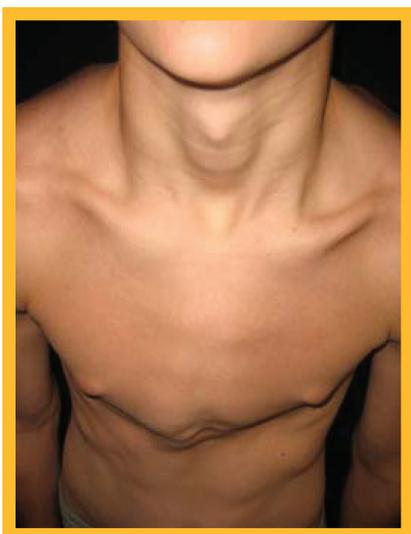
4. Back view



5. Right side view



6. Right 45 degree



7. Overhead view



8. Bottom up view

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