

# 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 the chest wall and pectus begins to re-shape, you will feel that your brace is loose and it may even slide down. 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 UnderArmour™ over the brace to keep it in place especially at bedtime. Do not tighten your brace. 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.



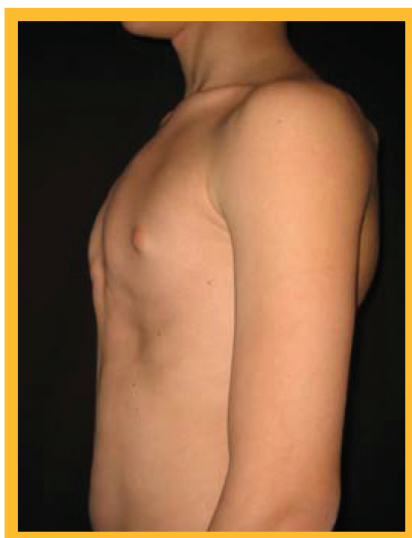
Call or visit us online for an appointment  
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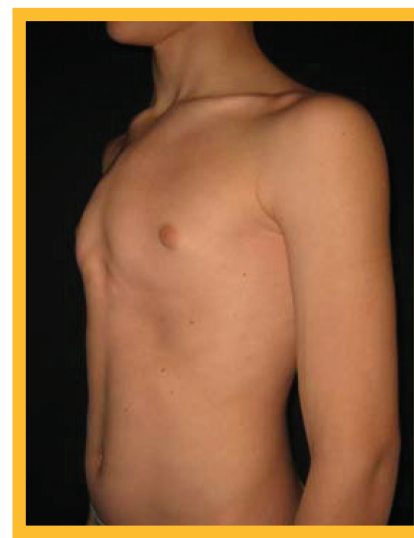




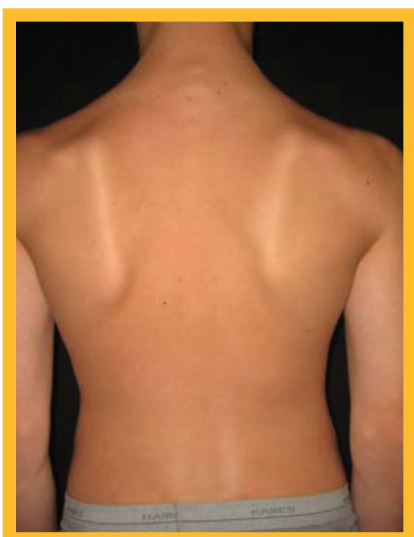
1. Front view



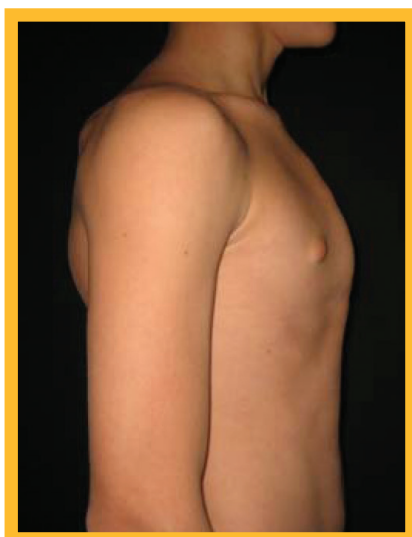
2. Left side view



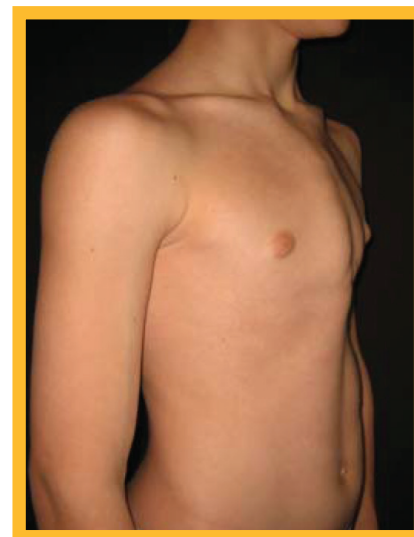
3. Left 45 degree



4. Back view



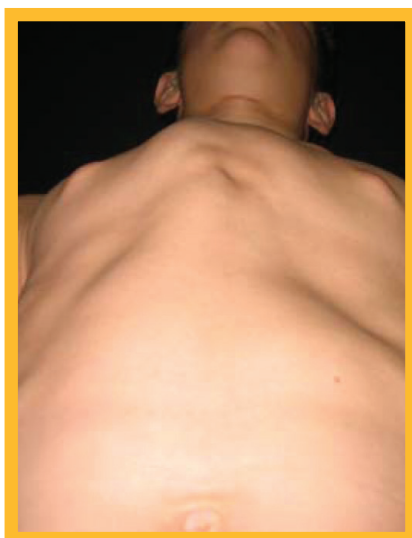
5. Right side view



6. Right 45 degree



7. Overhead view



8. Bottom up view



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