

# Using a Vista Aspen collar

Discharge advice

**i** **Information for patients**  
Orthopaedic Surgery



**PROUD TO MAKE A DIFFERENCE**

SHEFFIELD TEACHING HOSPITALS NHS FOUNDATION TRUST



## **Introduction**

This leaflet will provide you with information on how to apply and remove your neck collar and advice on cleaning and skin care. The collar will help to support your neck in the proper position and prevent further damage.

An experienced member of the health team will teach you how to take care of your collar prior to discharge.

The collar must be worn at all times unless your doctor advises otherwise. Depending on your level of injury, you may be allowed to take it off for showering or bathing.

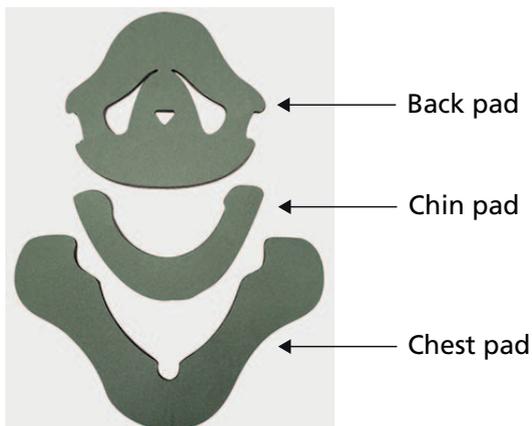
## What are Vista Aspen collars?

A Vista collar has front and back sections. The front is adjustable for a comfortable fit.

The Vista collar fastens at both sides with Velcro.

The front section is shaped to fit under the chin. The back section sits on the back of the head and bottom of the neck.

Your collar should be fastened firmly enough for comfort but must not be too slack to allow your head to move freely or your chin to slip inside.



## **Applying and removing your collar**

An experienced healthcare worker will teach you how to apply it and ensure it is fitting properly. Based on the injury, you can take your collar on/off either sitting or lying down. Check with your nurse or doctor.

### **1. Lying down**

Lie flat on your back without a pillow. Do not move your head or neck.

- a.** Remove the Velcro straps on each side.
- b.** Remove the front of the collar and slide the back panel out from under the neck.
- c.** Use a cloth to clean your face and neck. Dry your skin.
- d.** Remove old pads and attach clean dry pads.
- e.** Place the front of the collar so your chin comes to the front edge of the chin piece.
- f.** Place the back piece behind your neck from the side.
- g.** Gently press the sides of the front panel into your neck.
- h.** Connect the straps on both sides and tighten.

## 2. Sitting up

- a. Sit in front of a mirror.
- b. Do not move your head or neck.
- c. Undo one side of the Velcro.
- d. Remove the collar keeping one side of the Velcro still attached.
- e. Replace old pads with clean ones.
- f. Place the front of the collar first so your chin comes to the front edge of the chin piece.
- g. Use your hand to hold the front of the collar in place.
- h. With your free hand, reach and bring the back piece of the collar around to the front until the pad overlaps the side panel.
- i. Adjust the straps on both sides and tighten.

## Washing instructions

- The plastic sections can be wiped with a damp cloth.
- The foam lining can be removed and **hand washed**. Use soap and water only.
- Allow to air dry.
- Spare linings are available on discharge. Please speak to the spinal specialist nurse / nurses.

## **Bathing and shaving**

Keep the collar on in the bath/shower unless told by your doctor to take it off.

While lying down, another person can take off the front piece of your collar and give you a shave. It is easier with an electric razor.

## **When should I wear the collar?**

You should wear your collar at all times unless told otherwise by your doctor. Remove it only to wash your face and neck.

## **Are there any other special instructions?**

You should wash your face and neck at least once a day and check your skin for redness or sore areas.

You should also avoid strenuous activity.

## **Is there anything I should look out for?**

You should call your doctor or nurse if you experience:

- Soreness caused by the collar.
- New weakness, numbness, or tingling in your arms or legs.

## **Will I be able to drive?**

You should check first with your doctor before you drive or operate equipment.

## Contact details

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Telephone: **0114 271 4108**

Spinal CNS: Bleep 2180

Working times: Monday to Friday 8.00am – 4.00pm



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