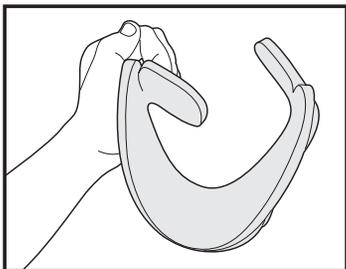


APPLICATION OF THE VISTA® COLLAR

1. PRE-FORM BACK ENDS



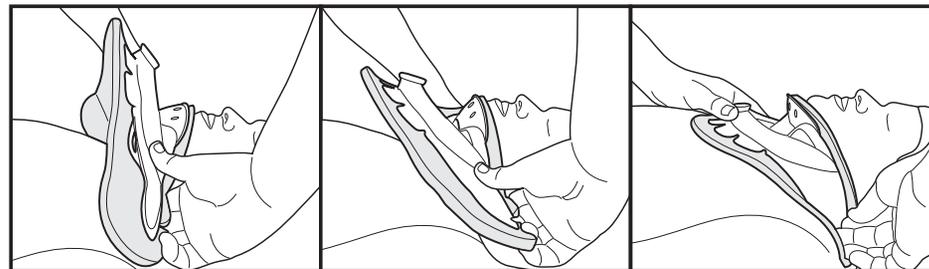
Pre-form the back ends of the side panels by squeezing them forcefully so they stay curved when released as shown on the right side above.

2. POSITION BACK PANEL



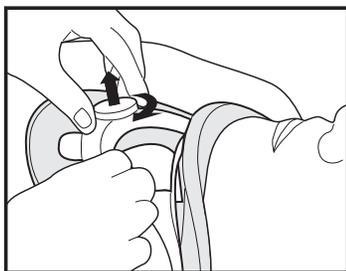
With the head held in neutral alignment, press the back panel down (to compress any bedding,) and slide it behind the patient's neck. Center the back panel so the loop straps are between the ear and trapezius.

3. PIVOT DOWN FRONT PANEL

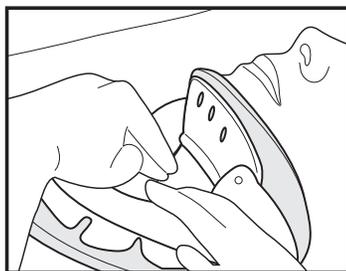


While pulling the sides of the collar apart, position the chin piece so it touches the patient's chin. Now pivot the collar down and in. Keep the chin piece in contact with the chin as the sides are positioned over the trapezius muscles.

4. DIAL UP THE HEIGHT

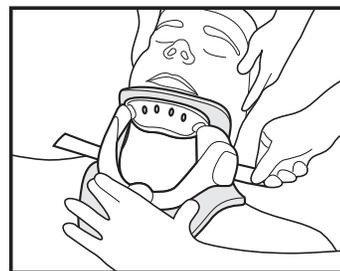


"Dial up" the height of the collar by pulling outward on the dial and turning clockwise. Stop when it becomes difficult to turn the dial further, and the foam pad on the chin piece is seen to compress.

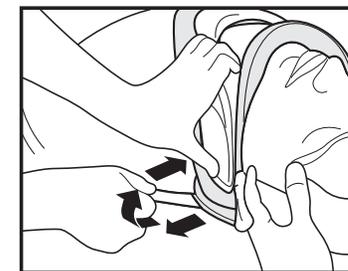


Check to see that the back of the chin piece is not pressing inward on the throat. If it is, lift the back ends of the side panels up, off of the trapezius muscles, which moves the chin piece forward, away from the throat.

5. ATTACH AND TIGHTEN



While holding the front panel in place, attach the loop strap on each side. To tighten the collar, anchor your thumb or fingers in the trach hole and peel back the loop strap on one side. Push inward on the back edge of the side panel while pulling the loop strap out. Now lift the strap up and reattach. Keep the back panel centered by tightening the other side equally. Repeat until all "slack" has been removed and a secure fit has been achieved.



CHECK THE FIT

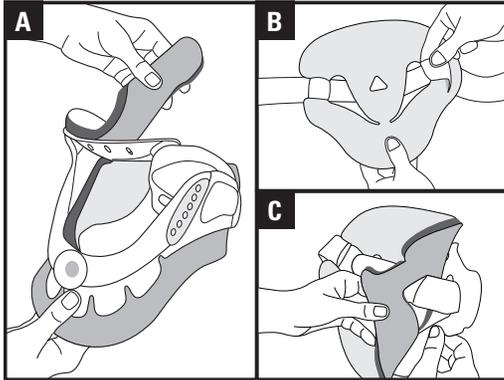
- ① **Chin Secure?** The patient should be in neutral and their chin should be well supported by the chin piece.
- ② **Slack-out?** All slack between the front and back panels must be removed to ensure a secure fit. If necessary, re-tighten on both sides.
- ③ **Airway OK?** Check that back edge of the chin piece does not press in on the patient's throat. If there is a concern, release the loop straps and lift the ends of the side panels off of the trapezius muscles to create the needed clearance at the throat. Reattach the loop straps and again tighten the collar.

TIPS

During the course of treatment, patient often changes position from supine to upright, or conversely from upright to supine. Positional changes often necessitate an adjustment in the height of the collar. Use the dial to change the height of the collar to the appropriate level depending upon the position of the patient. When checking over all application, remember to adjust the tightness of the collar if necessary.

## PAD CLEANING INSTRUCTIONS

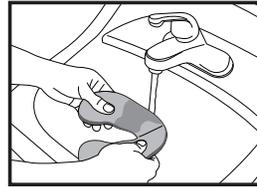
### PAD REMOVAL



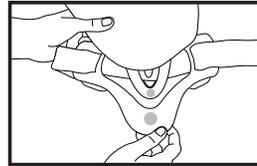
The front and chin pads are removed simply by peeling them off the Velcro dots (A). To remove the back panel pad, first pull the loop straps through the plastic slots (B). The pad can now be peeled off of the Velcro dots and slid off of the loop straps (C).

**IMPORTANT:** For optimum patient hygiene, pads should be changed and washed if they become moist or have an odor. Check pads every 12 hours or according to hospital protocol.

### CLEANING

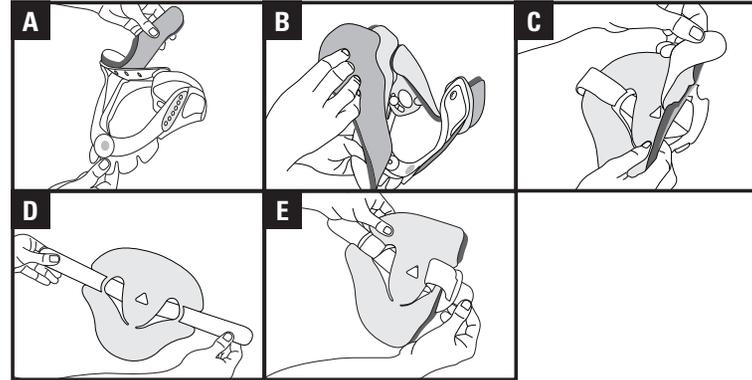


Hand wash pads with mild soap and warm water. Do not machine wash or use bleach. Rinse thoroughly.



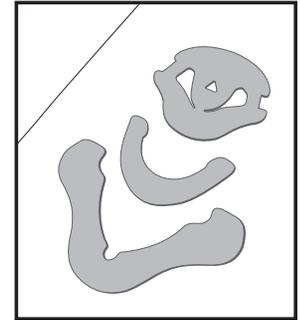
**NOTE:** The plastic shell of the collar may be wiped with mild soap and water. Rinse and towel dry before re-attaching pads

### PAD ATTACHMENT



To apply the front and chin pads, simply align the green side of the pad with the collar plastic. Fold the pads in half (with the green side facing out – A,B). Attach the pads to the center Velcro dot first, then unfold, attaching the outer Velcro dots. Be sure the foam overlaps the exterior margin of the collar plastic by 1/4" to 1/2". To apply the back panel pad, start by threading the loop straps on the collar (with the Vista® logo) through the slits in the pad (C). Be sure the green side is facing the collar's hook dots. Pull the loops tight (D) and thread through the slots in the plastic (E).

### DRYING



Squeeze out excess water by pressing pads with a towel. Allow to completely air dry by laying on a towel. Do not use heat to dry. Use replacement pads during drying time. Replacement pads are available from your doctor, local orthotic and prosthetic facility, or by calling Aspen Medical Products at **800-295-2776**.

**READ INSTRUCTIONS BEFORE USE.** Proper training in the use of this device should take place before it is applied. These directions are guidelines only and are not offered as medical recommendations.

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