

# PATIENT GUIDE

## Using Your Vista® Cervical Collar at Home

Below are step-by-step instructions on how to care for your new collar at home.



Position your chin so that it is centered on the chin piece and aligned with the sternal notch.

*Your chin should not touch the chin piece at this point of the application process.*



Position the back panel behind your neck, ensuring it is centered.



Connect the straps on both sides and tighten. Tighten the Support Strap until secure and comfortable.

*Make sure to tighten both sides equally.*

## How to Replace and Clean the Pads



Position the pads so the gray side grips the hook dots. The pads must cover all edges of the plastic to avoid touching skin.



To change the back pad, push the hook straps through the slits in the pad, and then through the slots in the outer edge of the plastic.

Cleaning the pads is easy. Simply hand wash with mild soap and water. Make sure you rinse out all soap and gently squeeze out excess water. Allow to air dry 6-8 hours.

**Do not place pads in a washer or dryer.**

*There are two sides to the padding: white and gray/green. The white will always face outwards and have contact with the skin. Plastic should not be in contact with the skin at any time.*

