

Caring for Your Cervical Collar at Home

Why am I wearing a collar?

You have been given a **cervical collar** to support your neck after injury. This is a **non-surgical treatment**, and you will usually need to wear it for **about 12 weeks** to allow your neck to heal safely.

Remember

Wearing your collar correctly is essential for your recovery. If you are unsure about anything, please ask for help.

Wearing Your Collar

- ✓ Wear your collar **24 hours a day, 7 days a week** apart from cleaning and personal care
- ✓ Keep it on at all times, including when sleeping

Why is this important?

- Helps your neck heal properly
- Prevents further injury

Fit and Comfort

Your collar should feel:

- ✓ Firm and supportive
- ✓ Comfortable

Contact your District Nurse if:

- The collar is rubbing your skin
- You have sore or red areas
- The collar feels too tight or too loose

Cleaning and Personal Care

- The collar **can be removed for cleaning only**
- This must be done by a **trained carer or healthcare professional**

Important:

- Do **not remove the collar yourself**
- Movement without support could cause further injury

Eating, Swallowing & Medication

Contact your **GP or District Nurse** if you have:

- Difficulty eating
- Difficulty swallowing

This is especially important if you take **time-sensitive medication**, such as for:

- Parkinson's disease
- Epilepsy

Support at Home

You will be supported by the **District Nursing Team** after discharge.

Contact numbers:

- Kirklees (Locala): 0300 304 5555
- Calderdale District Nurses: 01422 652291
- For replacement liners, contact your District Nurse

When to Seek Urgent Medical Help

Get medical advice **immediately** if you have:

- Increased neck pain
- Numbness or tingling
- Weakness in arms or legs
- Difficulty swallowing
- Concerns about collar fit

Follow-Up Appointment

- You will have a follow-up at **Leeds General Infirmary**
- Your appointment letter should arrive soon

If you do not receive your appointment, contact **Ward 21**

Need Help or Advice?

Ward 21:

Telephone: 01484 355802
01484 355803

If you have any comments about this leaflet or the service you have received you can contact :

Ward 21
Huddersfield Royal Infirmary

Telephone: 01484 355802 01484 355803

www.cht.nhs.uk

If you would like this information in another format or language contact the above.

Potřebujete-li tyto informace v jiném formátu nebo jazyce, obraťte se prosím na výše uvedené oddělení

Jeżeli są Państwo zainteresowani otrzymaniem tych informacji w innym formacie lub wersji językowej, prosimy skontaktować się z nami, korzystając z ww. danych kontaktowych

ਚ ਤੁਸੀਂ ਇਹ ਜਾਣਕਾਰੀ ਕਿਸੇ ਹੋਰ ਪ੍ਰਾਚੂਪ ਜਾਂ ਭਾਸ਼ਾ ਵਿੱਚ ਲੈਣਾ ਚਾਹੁੰਦੇ ਹੋ,
ਤਾਂ ਕਿਰਪਾ ਕਰਕੇ ਉਪਰੋਕਤ ਵਿਭਾਗ ਵਿੱਚ ਸਾਡੇ ਨਾਲ ਸੰਪਰਕ ਕਰੋ।

اگر آپ کو یہ معلومات کسی اور فارمیٹ کی زبان میں درکار ہوں، تو
برائے مہربانی مندرجہ بالا شعبے میں ہم سے رابطہ کریں۔

"إذا احتجت الحصول على هذه المعلومة بشكل مغاير أو مترجمة إلى لغة مختلفة فيرجى منك الاتصال بالقسم
المذكور أعلاه"