



# Plastazote (PZ) Jacket

## Wear and care guide for patients

Scottish National Spine Service

---



Your child has recently been fitted with a soft style brace which we often refer to as PZ jacket. This can either be to aid their posture and comfort within their seating system but may also have been supplied after surgery to aid mobility and healing. This is a custom medical device which has been designed for use by your child only. This leaflet will provide some information on how to apply the jacket, look after your child's skin, and maintain the jacket.

It may be necessary for your child to use their PZ jacket in conjunction with other medical devices such as a wheelchair or ankle braces. If this is the case your Orthotist will make sure their brace fits well alongside this.

## **Applying your child's jacket**

### **Method 1:**

- With your child in a sitting position on a firm surface (e.g. on a bed) open up the jacket and lie it down behind your child. The jacket will want to fold back on itself so this may require an extra pair of hands.
- Lie your child back into the jacket aligning their waist with the waist of the jacket and ensuring it has not rotated. If necessary, reposition your child into the jacket as appropriate.
- Once you are happy with the position of the jacket wrap over the front sections and securely fasten the straps.
- Ensure any feeding tubes etc. are well located.
- Recheck position once your child has been transferred in to their seating system.

### **Method 2:**

- Lie your child face up on a firm surface (e.g. on a bed).

- Log roll your child and slide one side of the jacket underneath them, and then roll them back to lying on their back. Check that their waist is within the waist indentation of the jacket, you may need to reposition your child for this.
- Once the jacket is correctly positioned wrap over the front sections and securely fasten the straps.
- Ensure any feeding tubes etc. are well located.
- Recheck position once child has been transferred in to their seating system.

### Method 3:

- For the mobile child they should start by sitting or standing in a secure position.
- Open up the jacket and locate the waist with that of the child.
- Wrap the jacket around them ensuring a good snug fit and secure the straps.
- If your child is post-surgery and still feeling unsteady on their feet they can lie down to secure straps once jacket is located.

## Removing the brace:

### Method 1/2:

- Ensure your child is lying in a safe and secure position.
- Remove any clothing that may hinder removal of the brace.
- Unfasten all straps tabbing them back on themselves.
- Your child can then be helped to sit forward, removing the jacket from behind them. Reverse of method 1 above.
- Alternatively your child can then be log rolled on to their side for safe removal from behind as reverse of method 2 above.

### Method 3:

- For the mobile child ensure they are positioned securely before removing the jacket.
- Check your child's skin for any marking or redness that is not usually there.
- Check the brace for any wear and tear.
- Make sure the brace is stored in a secure place.
- Any concerns should be reported to your Orthotist.

### Breaking in the jacket

Your Orthotist will discuss an individual wear in regime which will suit your child best. This should ideally be over a few weeks and aim to increase wear time day to day. Your child's daily routine and any interventions will be considered.

Apply the brace for the agreed time and then remove. Check your child's skin after removing. It is important to become familiar with normal pressure areas and what is acceptable skin marking. Their skin may appear pink in certain areas - your Orthotist will point these out. If skin marking is not of concern, then aim to wear the brace a little longer the next day. If you have any concerns, then contact your Orthotist for advice.

In the case of a Child who is post-surgery, wear will not begin until their surgical wound is at an adequate stage of healing. Your Consultant will advise on this. When wear starts wear in regime should be followed but it is important that this is established quickly to ensure comfort and support as you start to mobilise.

### Successful jacket wearing

The jacket should be worn through the day. It can also be used in conjunction with the appropriate seating system to improve general seating posture.

Possible benefits can include better head control and upper limb function as well as improving chest function. However this can differ from child to child. Please discuss with your Orthotist if you have any concerns. The jacket can be removed for feeding, changing and any other interventions such as Physiotherapy. When prescribed post-surgery, the jacket will offer support and comfort to the child as they heal and return to normal levels of mobility.

<https://services.nhslothian.scot/scottishnationalspine/service/brace-useful-tips/>



## Skincare

- Shower/bathe or wash down daily.
- Any surgical wounds will continue to be monitored and if you have any concerns, please contact your Consultant and your Orthotist.
- Always wear a Boston T or any alternative snug-fitting, long t-shirt/vest underneath the brace. Make sure there are no wrinkles before applying the brace.
- Do not use creams, lotions or powders under the brace as they will soften the skin. However if these are essential to your child's care then allow approximately 1 hour for these to absorb before putting the brace on.
- Take special care of any gastrostomy buttons or similar devices. Your Orthotist will ensure they have adequate space within the brace.
- Nappies, if required, should always be worn underneath with general clothing worn over.
- Pay special attention to any areas of skin which are pink, as this indicates pressure. It is normal for the skin to be pink at the waist, but it may indicate that a review is needed if the

skin is pink in other areas (such as the ribs) or if it begins to look like the skin might break.

## **Cleaning the jacket**

It is important to clean the jacket daily as the foam will be prone to absorbing any moisture. Wipe inside and out with a damp cloth/anti-bacterial wipe. You may also want to rub with alcohol gel and allow to dry for a more thorough clean. The jacket should not be exposed to any direct heat as this could affect the fit. If the fabric straps become soiled, please contact the department to have them replaced.

## **Planned reviews**

Your Orthotist will discuss your specific follow up plan. This will work around your Consultant review but also around the needs of the brace.

There will then always be a plan in place as to what the next appointment will be. This may be by specifically booking a date and appointment time but may also be through our Planned Repeat List (PRL) process.

## **Unplanned reviews**

If your child experiences any problems with their jacket such as discomfort, redness or skin break down you should contact your Orthotist immediately.

## **How long should my child's jacket last?**

Your child has been supplied with one spinal jacket and the length of time it lasts will depend on how quickly they grow. These are some signs that your child's jacket is getting small:

- Jacket not going on as easily.
- Straps not fastening as easily as before.
- Discomfort and tightness where it has not been before.

- Red/abraded marks or bruising on the skin from discomfort (ribs and hips in particular).
- Jacket is short under arms, chest and not offering the same level of postural support.

It is important we resolve any issues with fit or comfort quickly to ensure the jacket continues to perform as intended. Please also notify us of any issues or incidents you have had in regards to the jacket even if you have managed to resolve these at home.

If your Child is post-surgery your Consultant will specify the point at which wear can stop. This can differ depending on several factors and will be agreed on at your Review appointment.

## **Jacket repairs**

It is important to check you brace regularly for signs of wear and tear:

- The buckles and straps should all be attached securely.
- The Velcro should be strong and stay fastened securely.
- There should be no tears in the soft foam.
- Plastic struts should be securely attached.
- All edges of the brace should be smooth.

We would ask that you call should the brace need repaired in any way. This can often be done by our workshop without the need for an appointment with your Orthotist.

## **Disposing of the jacket**

Once your child's jacket has been outgrown and replaced you are welcome to keep it. However if you chose not to your Orthotist will dispose of it. Unfortunately we are not able to reuse or recycle the jacket in any way. If for any reason you have to dispose of the jacket at home, please make sure it has no information that would identify you. It can be disposed of in your non recycling bin.

The contact details for our department are:

Orthotist Name:

The Orthotics Department

SMART Building

Astley Ainslie Hospital

133 Grange Loan

Edinburgh

EH9 2HL

Telephone: 0131 537 9177 (option 2)

Job Number:



Unique Device Indicator



Single Patient  
Multiple Use



Keep away from direct  
sunlight/heat sources



Keep dry - protect from moisture



Consult instructions for use (IFU)

**For a copy of this booklet in larger print, Braille, or your community language (Arabic, Bengali, Chinese, Urdu or Polish), please call 0131 536 9434.**