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> [DonJoy Form Fit Foam Cervical Collar, White, Small, 3-inch \(Model 79-83013\) Instruction Manual](#)

DonJoy 79-83013

DonJoy Form Fit Foam Cervical Collar Instruction Manual

Model: 79-83013

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1. PRODUCT OVERVIEW

The DonJoy Form Fit Foam Cervical Collar (Model 79-83013) is designed to provide support to the cervical spine. It is suitable for post-operative rehabilitation or for managing cervical sprains and strains. The collar helps maintain the neck in a neutral position and features a contour design that can be used in either a flexed or extended position. A cotton stockinette cover is included for enhanced patient hygiene.



Figure 1: DonJoy Form Fit Foam Cervical Collar, front view. This image shows the white foam collar with its contoured shape, designed to support the neck.

Intended Use

This cervical collar is intended for individuals requiring support for the cervical spine due to conditions such as post-operative recovery, sprains, or strains. It aids in immobilizing the neck to facilitate healing and reduce discomfort.

2. SETUP AND SIZING

Sizing Instructions

To ensure proper fit, measure the height from the sternal notch (the dip at the base of the neck between the collarbones) to the chin. This measurement determines the appropriate collar height. The Model 79-83013 is a Small 3-inch collar.

1. Locate the sternal notch.
2. Measure vertically from the sternal notch to the bottom of the chin.
3. Select the collar size that corresponds to this measurement.

Application

1. Ensure the collar is clean and free from debris.
2. Position the collar around the neck with the contoured chin support under the chin.
3. Wrap the collar snugly around the neck, ensuring it is centered.
4. Secure the closure mechanism (e.g., hook-and-loop fasteners) at the back of the neck.
5. Verify that the collar provides firm support without causing discomfort or restricting breathing. The head should be in a neutral position.

3. OPERATING INSTRUCTIONS

Once properly fitted, the cervical collar should be worn as directed by a healthcare professional. The collar's primary function is to limit cervical motion and provide support. Avoid excessive movement of the head and neck while wearing the collar.

Wearing Duration

The duration for which the collar should be worn will be determined by your healthcare provider. Adhere strictly to their recommendations regarding continuous wear, removal for hygiene, and overall treatment plan.

Important Considerations

- Do not overtighten the collar, as this can cause discomfort or impede circulation.
- Regularly check for skin irritation or pressure points, especially during prolonged use.
- If any discomfort, numbness, or skin changes occur, loosen the collar or consult your healthcare provider immediately.

4. CARE AND MAINTENANCE

Proper care and maintenance will extend the life of your cervical collar and ensure optimal hygiene.

Cleaning Instructions

- **Hand Wash Only:** Gently hand wash the collar with mild soap and cold water.
- **Rinse Thoroughly:** Ensure all soap residue is rinsed off.
- **Air Dry:** Lay flat or hang to air dry completely. Do not use a machine dryer, as high heat can damage the foam and fabric.
- **Do Not Bleach or Iron:** Avoid using bleach or ironing the collar.

Storage

Store the collar in a clean, dry place away from direct sunlight and extreme temperatures when not in use.

5. TROUBLESHOOTING

Problem	Possible Cause	Solution
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Problem	Possible Cause	Solution
Collar feels too tight or causes discomfort.	Incorrect sizing or overtightening.	Loosen the collar slightly. Re-measure to ensure correct size. Consult a healthcare professional if discomfort persists.
Skin irritation or redness.	Poor hygiene, improper fit, or allergic reaction.	Ensure collar is clean. Adjust fit. If irritation continues, discontinue use and consult a healthcare professional.
Collar has an odor.	New product odor or accumulated sweat/dirt.	Air out the collar before first use. Follow cleaning instructions regularly. Odor should dissipate with time and cleaning.
Collar does not provide adequate support.	Incorrect sizing or improper application.	Review sizing and application instructions. Ensure the collar is snug and correctly positioned. Consult a healthcare professional.

6. SPECIFICATIONS

- **Model Number:** 79-83013
- **Brand:** DonJoy
- **Product Type:** Cervical Collar
- **Material:** Foam with Cotton Stockinette Cover
- **Color:** White
- **Size:** Small, 3-inch height
- **Intended Use:** Post-operative rehabilitation, cervical sprains and strains.

7. WARRANTY AND SUPPORT

Warranty Information

Specific warranty details for the DonJoy Form Fit Foam Cervical Collar (Model 79-83013) are typically provided at the point of purchase or can be obtained directly from DonJoy or an authorized distributor. Please retain your proof of purchase for any warranty claims.

Customer Support

For further assistance, questions regarding product use, or to report any issues, please contact DonJoy customer support or your healthcare provider. Contact information for DonJoy can typically be found on their official website or product packaging.

Note: Statements regarding dietary supplements have not been evaluated by the FDA and are not intended to diagnose, treat, cure, or prevent any disease or health condition. This product is a medical device.

