

brace weaning schedule

day 1

Apply brace in morning as usual, wear brace for 4 hours.
Remove brace and remain out of brace for 4 hours. Reapply brace and wear it until bedtime. Remove it at bedtime as usual.

day 2

Apply brace in morning as usual, wear brace for 4 hours.
Remove brace and remain out of brace for 6 hours. Reapply brace and wear it until bedtime. Remove it at bedtime as usual.

day 3

Apply brace in morning as usual, wear brace for 4 hours.
Remove brace and remain out of brace for 8 hours. Reapply brace and wear it until bedtime. Remove it at bedtime as usual.

day 4

Apply brace in morning as usual, wear brace for 4 hours.
Remove brace and remain out of brace the rest of the day.

day 5

Apply brace in morning as usual, wear brace for 3 hours.
Remove brace and remain out of brace the rest of the day.

day 6

Apply brace in morning as usual, wear brace for 2 hours.
Remove brace and remain out of brace the rest of the day.

day 7

Apply brace in morning as usual, wear brace for 2 hours.
Remove brace and remain out of brace the rest of the day.

day 8

Off

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