

**ChestFix** is a product used for stabilisation of the chest-wall on patients after thoracic surgery.

## **INSTRUCTIONS FOR APPLICATION OF CHESTFIX ON A LYING PATIENT**

**Note:** The patient's skin should be clean and dry before application!

### **Preparatory steps:**

1. First customise the length of the fastening strips for your patient. Remove ChestFix from packaging. Place the rectangular part of the ChestFix centrally over the surgical incision and hold it in place.
2. Now extend the upper frontal strip towards the chest, find the costal cartilage, where the rib is attached to the sternum and mark the location with a pencil line on the protective paper. Then take the lower frontal strip and extend it towards the chest. Find the costal arch and mark it with a pencil line on the protective paper.

On the patients back extend the upper strip of the ChestFix towards the spine. Find the articulation where the rib attaches to the spine and mark it with a pencil line. Repeat the same action with the lower strip.

3. You now have a pencil mark on each of the 4 strips of the ChestFix. Use scissors to make a rounded cut along each of the 4 pencil marks.

### **Apply the ChestFix on the patient:**

4. Remove the protective paper from the **rectangular part**. Have the patient take a deep breath and apply the adhesive side of the rectangular part on the patient's skin - centrally over the surgical incision, starting from the front towards the back, applying light tension.
5. Remove the paper from the **upper front** adhesive strip and have the patient take a deep breath. Apply maximum 5cm of the adhesive strip with a stretch and then affix with regular tension. Repeat the same action for the **lower front** adhesive strip.
6. Now remove the protective paper from the **upper back** adhesive strip. Have the patient take a deep breath, apply maximum 5cm of the strip with a stretch and apply the remaining part with regular tension. Repeat the same action with the **lower back** adhesive strip.

Note: If the patient is under mechanical ventilation, you should follow the machine breathing cycles!

7. Now activate the glue of the ChestFix by massaging with your fingers.

**Application of the ChestFix is complete.**