

How do I care for my first rib?

After removing your first rib (and cervical rib, if present), the operating room staff will clear the bone of all attached muscle and tissue and soak it in a peroxide solution. You will receive the rib at your one-month visit. The following instructions are offered to guide you in further preserving the rib.

Step 1: Soak the bone in a clear ammonia solution, using a non-metal container, for 3 - 5 days at room temperature. This further removes the blood and oils from the bone.

Step 2: Rinse the bone in water and place it into a 3% (drugstore variety) hydrogen peroxide solution, in a non-metal container, for 2 - 3 days at room temperature. This finishes the cleaning process and helps to whiten the bone.

Step 3: Dry the bone someplace warm for several days.

Step 4: Dip the bone in a liquid floor wax solution, such as "Mop-and-Glow®." Prop the bone up so it can drip dry. This will prevent oils and dirt from handling from soaking back into the bone.

Step 5: Store in a dry place or display as you wish. Some have simply kept the bone in a small box for safekeeping, and some have chosen a shadowbox-type frame for a more visible display. Others have placed drill-holes in the bone, or wrapped the bone in metal wire, in order to hang on a chain. You are hereby limited only by your creativity.

If you have any additional questions, please contact our office **888-287-1082**

We are grateful to naturalist Lee Post from Homer, Alaska (www.theboneman.com), for these useful recommendations, as suggested by one of our patients.

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