



Spinal Orthosis Use and Care Instructions

Your doctor has prescribed a TLSO to address a spinal issue. Because the TLSO is made of a rigid material, it is important to follow the wearing instructions. Use the TLSO as recommended by your doctor and keep all of your follow up appointments at this office.

Before applying your brace, put on a tight-fitting t-shirt. The right shirt will be tight enough that it does not wrinkle under your TLSO.

While sitting or standing, hold the brace in place. Fasten the belt. You may need to reposition the brace again if it moved. If so, make sure the back support is in the correct area.

Secure the Velcro pulls and fasten them securely to the front of the brace. If your abdomen is swollen, these may need to be adjusted as your volume changes.

Your orthosis may also be applied while standing, but you may need assistance in securing the strap tightly.

Put your clothing on in this order: t-shirt or camisole, then brace, then underwear, then pants, then shirt. This means you can use the bathroom without taking the TLSO off.

Suggested Wearing Schedule: Full-time, whenever up and out of bed. Wear your TLSO/LSO as directed by your doctor.

Each time you remove the brace, check your skin for irritation. (You may need someone to help you with this task, or you can use a mirror to inspect your back.) It is normal to have red or pink area over your chest and tummy where your orthosis is secured. However, if there are red areas or other marks that don't go away within 15 to 30 minutes, stop using your orthosis and call your orthotist right away.

Check your brace periodically to make sure the brace is fitting snugly, and that it is correctly aligned.

Good hygiene is important to protect your skin from irritation. Wash your skin with mild soap and warm water daily. Avoid using moisturizers.

Use a cloth and rubbing alcohol to wipe down the hard-plastic outer shell of your brace each day. Make sure the brace is completely dry before reapplying it.

You may experience changes in weight and abdominal volume that affect the fit of your brace. If this happens, contact our office and we will schedule an appointment to adjust your brace.



Never operate a motor vehicle or heavy machinery while wearing this brace. The TLSO may restrict your vision, mobility, and reaction times.

Never attempt to adjust, repair, or otherwise modify your TLSO. The components of this device have been carefully chosen, assembled, adjusted, and secured according to your physician's prescription and the manufacturers' specifications. In order to maintain the safety and effectiveness of your device, adjustments may only be made by a qualified medical professional.