



30 International Drive Suite 201 Portsmouth, NH 03801

☎: 603-294-0010

📠: 603-294-0012

PATIENT INSTRUCTIONS FOR WEARING AND CARING FOR YOUR LUMBAR-SACRAL ORTHOSIS (LSO)

General Information

Your custom designed Lumbar-sacral Orthosis (LSO) will help correct and maintain the proper alignment and position of your Lumbar Spine. Proper Spinal alignment is vital for healing a vertebral fracture or healing after a surgery or other spine injury. Your LSO will help stabilize your spine through rigidity and soft tissue compression. You may experience slight discomfort as you adjust to the new orthosis and proper alignment position. The adjustment period normally ranges from one to two weeks and a follow up visit for adjustments is common. It is vitally important that you avoid lifting, twisting, or bending motions that will re-injure your spine. ALWAYS follow your physician's instruction for wearing times and use of the LSO.

The following wearing and care guidelines will help you be as comfortable as possible during this time.

Wear Time and Application

Unless otherwise instructed by your physician or orthotist, your LSO needs to be worn when you are upright and out of bed. It may not be necessary to wear It when you are lying down, sleeping, or showering, verify this with your doctor. You can retighten and realign your brace throughout the day as needed. You should be comfortable wearing your LSO all day.

Clothing

Always wear a snug cotton T-shirt or tank top under your LSO, long enough to reach the bottom of the LSO. Smooth out all wrinkles, as they can cause irritation. If you perspire excessively, you may change your undershirt as often as necessary. You can wear your underwear on top of the LSO for ease in using the bathroom. Women may wear a bra under the LSO if comfortable. Pants with elastic waistbands or ties may be the most comfortable. Dress over the LSO as you wish.

Skin Care

Keeping yourself and the LSO clean will help protect against skin irritation. Check your skin daily for red marks or areas of irritation. Mild soap and water are recommended to clean the brace. Rubbing alcohol is also an excellent way to clean the inside of the LSO. Spray the inside and wipe clean with a cloth. Avoid lotions, oils, ointments, or powders under your brace.

When to Call The Office

Contact Seacoast Prosthetics whenever you need help or have any questions. Your LSO will need immediate adjustments if you develop red areas or pressure sores from your brace, you have had a significant increase or decrease in body weight and your brace is too loose or too tight, or if your Velcro straps are no longer secure. Your orthotist will schedule periodic visits to make sure your LSO is working properly. Your practitioner will work closely with you and your physician to ensure the best orthotic treatment possible.