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PATIENT INSTRUCTIONS FOR WEARING AND CARING FOR YOUR THORACOLUMBAR ORTHOSIS (TLSO)

General Information

Your custom designed Thoracolumbar Orthosis (TLSO) will help correct and maintain the proper alignment and position of your Thoracic and Lumbar Spine. Proper Spinal alignment is vital for healing a vertebral fracture or healing after a surgery or other spine injury. Your TLSO 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 TLSO. 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 TLSO 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 or sleeping, verify this with your doctor. Your doctor may require you to lie down when putting the brace on or taking it off. Open the brace and center it on your body. Log roll from side to side to align the brace, making sure the waist grooves are in the correct position. Avoid twisting, turning, or bending your body. Remain lying down and fasten the straps starting in the middle, making sure the brace has not twisted to one side. To get out of bed, roll to your side. Allow your legs to drop off the bed and push yourself up with your arms. You can retighten and realign your brace at this time. Soon you will be comfortable wearing your TLSO all day.

Clothing

Always wear a snug cotton T-shirt or tank top under your TLSO, long enough to reach the bottom of the TLSO. 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 TLSO for ease in using the bathroom. Women may wear a bra under the TLSO if comfortable. Pants with elastic waistbands or ties may be the most comfortable. Dress over the TLSO as you wish.

Skin Care

Keeping yourself and the TLSO 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 TLSO. 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 TLSO 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 TLSO is working properly. Your practitioner will work closely with you and your physician to ensure the best orthotic treatment possible.