

Thoracic Lumbar Sacral Orthoses (TLSO) Care and Use Instructions

A TLSO is a custom molded plastic brace designed to protect, stabilize and limit motion in your spine and torso.

How To Use Your TLSO

- Wear a snug fitting cotton tee shirt under your TLSO; it will absorb perspiration, protect your skin and keep your TLSO clean.
- Wear your TLSO in the correct place. There is usually an indented area inside your TLSO. The indented area fits into your waist just above your hip bones. Use this as a guide to help you position your TLSO correctly.
- Wear the TLSO as snugly as possible; this will provide the most support to your spine and torso.
- Spinal orthotics have a tendency to “ride up” on your body as the day progresses (when you sit, your hips tend to become wider and push the TLSO up). You will need to readjust your TLSO through out the day to ensure proper positioning.
- When you remove your TLSO, check your skin for any red pressure areas. Any reddened area that does not fade after 20 minutes should be watched carefully. This is especially important for patients who are diabetic or who have poor sensation.
- Your physician will tell you if you need to wear your TLSO full time or only when you are not lying flat in bed. Ask your physician when you should wear your TLSO, and follow those instructions carefully.
- Do not become discouraged if you feel an adjustment is needed. This is not unusual. A minor adjustment might be needed to ensure a good fit. Call your orthotist to discuss this.

How to Care for Your TLSO

- Clean your TLSO at least once a week with mild soap, and rinse well to remove soap residue.
- If you have a removable liner, follow the washing instructions on the tag sewn into the liner or ask your orthotist for directions.

Important Notes

A TLSO is a very specialized device. It is VERY important to keep all follow-up appointments made by your orthotist. Please call and schedule an appointment if any unexpected problems occur.

Special Instructions (if Applicable)

