



Thoraco-Lumbar Sacral Orthosis (TLSO) Care and Use Instructions

General Wear and Care Instructions for your TLSO

CLOTHING TO WEAR:

A thin, snug t-shirt should always be worn underneath your spinal orthosis. Make sure that all wrinkles are removed from t-shirt before putting your spinal orthosis on. All other clothing should go over the spinal orthosis, including undergarments.

PUTTING ON YOUR TLSO (DONNING & DOFFING):

Your spinal orthosis should always be put on and tightened lying down unless your doctor has told you otherwise. The bump on the sides of your spinal orthosis needs to line up between your ribs and hips.

- While lying on your back roll to your side.
- While on your side place the back panel against your back and underneath your side.
- Roll back onto your back with the back panel of the orthosis underneath you and if necessary, re-position to keep back panel centered.
- Place the front panel on top overlapping the back.
- Tighten the straps to pre-marked lines working from the bottom to the top, making a snug fit.

You can now sit and move around within the guidelines of your doctor.

PROPER FIT AND WEARING SCHEDULE:

Your doctor will tell you when to wear your spinal orthosis and for how long. Call their office if you have any questions with this.

When you sit, you should feel slight pressure on your thighs and your neck and arm pits should be free from pressure.

After taking off your spinal orthosis, check for redness. You may notice some redness in areas of corrective/supportive pressure. This redness should disappear 25-30 minutes after the orthosis is removed.

Redness that is spread out may be observed but is not of immediate concern. *Redness that is over bony areas needs to be noted and followed closely as these regions are at greater risk for skin breakdown.*

If localized areas of redness continue or if blisters or open sores occur, stop wearing the orthosis and contact your orthotist for adjustments immediately.

SPECIAL INSTRUCTIONS (If Applicable):

Bellaire	5420 West Loop S., Suite 1200	•	Bellaire, TX 77401	•	Tel (713) 660.8801	•	Fax (713) 660.8809
Conroe	100 Medical Ctr. Blvd., Suite 116	•	Conroe, TX 77304	•	Tel (936) 441.0334	•	Fax (936) 441.0336
Katy	21700 Kingsland Blvd., Suite 107	•	Katy, TX 77450	•	Tel (281) 578.4810	•	Fax (281) 578-4813