

PRE-FABRICATED TLSO CARE & USE DIRECTIONS

Following spinal surgery or injury to your back, you will be required to wear a TLSO.

(Thoraco – Lumbo – Sacral – Orthosis)

This orthosis (brace) is utilized to immobilize the spine during the healing process. The average length of time required to wear a TLSO is 10 – 12 weeks. (It may be longer or shorter depending on the rate of healing, or as determined by your physician)

The TLSO is a plastic brace with a soft padded liner. Velcro straps on the sides are used to fasten the TLSO.

PUTTING THE TLSO BRACE ON:

Initially you will need help to put the brace on.

1. Put on a clean dry T-shirt.



PRE-FABRICATED TLSO CARE & USE DIRECTIONS

2. Identify the back half of the TLSO and determine top/bottom.

3. Lying on a flat bed, log roll to one side and have assistance to slide the edge of the brace under your body.



4. Be sure the waist indentations line up in between the hip (iliac crest) and the lowest rib. (see picture)







Waist Indentation

5. Roll onto your back and into the brace. Check again when you are on your back that the waist indentations are in the proper place. Lay the front of the TLSO over the back so the **front overlaps the back**. Do not tuck the front inside the back.



PRE-FABRICATED TLSO CARE & USE DIRECTIONS

6. Fasten the straps starting with the middle two straps. Next, fasten the top and bottom straps. You may notice that after fastening the top and bottom straps, the middle straps may have worked loose. Retighten the middle straps snugly.

			
<p>SNUGGLY TIGHTEN THE MIDDLE STRAPS</p>	<p>TIGHTEN THE TOP STRAPS</p>	<p>TIGHTEN THE BOTTOM STRAPS</p>	<p>RETIGHTEN THE MIDDLE STRAP AFTER TIGHTENING THE TOP AND BOTTOM STRAPS</p>

You may have index marks (black lines) to indicate how tightly to pull the straps. Use these marks only as a guideline as these do not account for volume changes due to swelling or weight loss or gain.

[The brace must always be worn snugly.](#)

PRE-FABRICATED TLSO CARE & USE DIRECTIONS

BATHING:

You may not shower until approved to shower by your physician.

When you have been given clearance to shower, you will shower with your brace ON (sitting or standing with a shower chair for balance preferably).

Once the shower is over, lie on your back in the bed, remove the brace with the assistance of others as they help you logroll out of the TLSO. Dry the inside of the brace and change the pads to clean dry ones. Put on a clean, dry t-shirt or stockinette and logroll back into TLSO with the assistance of others.

SKIN CARE:

You must keep your skin clean and dry.

Avoid lotions, creams and powders on your skin under the brace. Cornstarch powder (only) may be used if necessary.

Your skin needs to be checked frequently. If you have a painful or red area, it may be due to improper positioning of the TLSO. Re-apply the brace lying down and observe the skin again in 1-2 hours. If the painful or red area does not go away after

PRE-FABRICATED TLSO CARE & USE DIRECTIONS

repositioning, your brace may need to be adjusted.

Contact the Orthotics & Prosthetics department at (206) 598–4026. Inform them that you need an adjustment to your TLSO. You will be seen as quickly as possible and given instructions on where to go to have this adjustment made.

If you have an open area from pressure or any irritation from the brace on the incision, you need to contact a nurse. You will be seen by the nurse as well as the orthotist for an adjustment to the brace if necessary.

CLOTHING:

Always wear a tight, clean, dry T-shirt or undershirt under the brace. There must always be a barrier between your skin and the brace.

It may be necessary to change your T-shirt throughout the course of the day. Use the method described previously to remove and reapply the brace to change your T-shirt.

For women, a bra is usually not necessary. If a bra is necessary, we recommend a soft sports-style bra with no metal clips or fasteners.

PRE-FABRICATED TLSO CARE & USE DIRECTIONS

Loose pants or shorts (elastic waist recommended) can be worn over the brace.

Oversized shirts or sweaters can be worn over the brace.

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