

Custom LSO-TLSO Patient Education

Purpose:

Following your surgery or injury to your back, you will be required to wear an LSO (Lumbar-Sacral Orthosis) or TLSO (Thoracic-Lumbar-Sacral Orthosis). These orthoses (or spinal braces) are frequently a two-piece plastic clamshell design, or may be a single piece that opens in the front or rear. Depending on your diagnosis, an LSO or TLSO has been prescribed by your Physician, and is utilized to immobilize the spine during the healing process. The average length of time required to wear the orthosis is 10-12 weeks. This may be longer or shorter depending on the rate of healing.

Activities:

1. Bathing - You may not shower until approved by your physician. Once approved, you may shower with the brace on but with a shower chair for balance. You may only shower without the brace once your physician has approved for you to do so.
2. Driving - Do not attempt to drive
3. Sleeping - You will not need to wear the brace at night unless advised to do so by your Physician
4. Getting Up - You must put the brace on while in bed. Refer to "Putting the Brace On."

Putting the Brace On:

1. Wear a clean and dry T-shirt
2. Identify the back half top or bottom
3. Lying flat on a bed, log roll to one side and have assistance sliding the edge of the brace under your body.
4. Be sure the waist indentations line up in between the hip and the lower rib.
5. Roll onto your back into the brace. Check again that the waist indentations are in the proper place. Lay the front of panel of the brace so it overlaps front over the back section.
6. Fasten the straps with the middle straps first. Next fasten the top and bottom straps equally. Be sure to check that all the straps are snug.

Care and Maintenance:

Always wear a clean T-shirt. Underwear should be worn over the brace. For women, a bra is usually not necessary. Loose-waisted pants or shorts can be worn over the brace. Loose or oversized shirts can also be worn over the brace. There are several ways to clean your custom spinal brace. You may spray the inside with rubbing alcohol and wipe dry to remove body oils and residue, or with a clean, damp wash towel, you can wipe the inside and outside of the brace and towel dry. Anti-bacterial, moist towelettes may also be used to clean the device as well. Do not immerse the LSO/TLSO in water as that may damage the Velcro straps. Keep the brace away from excessive heat to prevent damage to the plastic.

Areas of Concern, Risks and Precautions:

- Avoid heavy abrasive scrubbing pads or aggressive cleaners. Regularly look and feel for sharp plastic edges which may dig into the skin. If found, mark the area on the brace with a pen or "Sharpie" style marker and bring your brace in to be adjusted.
- Avoid lotions, keep the skin dry, avoid irritations and check your skin daily.
- If you notice any changes to your physical condition not related to the brace, contact your physician immediately.

Follow Up:

If you experience any discomfort caused from abrasions, excessive pressure, or your Physician requests adjustments, please contact your orthotist immediately. If you have any other questions or concerns, please contact our office at the number listed below.

Please call our office with any questions or concerns:

707.425.5028 - North Bay

707.724.8985 - Vacaville