

**DIRECTIONS FOR WEARING
THORACIC LUMBAR SACRAL ORTHOSIS (“TLSO”)
(THORACIC JACKET) FOR SCOLIOSIS**

- 1) Always wear a clean T-shirt under the brace; it should be long enough to extend below the bottom of the brace. The T-shirt should be slim fitting, not baggy. Loose fitting shirts worn under the brace can cause skin problems. Dyed or colored T-shirts are not recommended. Your underwear (panties, boxers, etc.) can be worn over our brace (or under if preferred). Blouses, shirts, dresses, and pants should be worn over the brace; not under the brace.
- 2) Open up the brace and wrap it around your body so that the waist grooves of the brace fit into the waist of the body.
- 3) Fasten the velcro straps, starting at the waist then tighten the bottom and top straps. The waist strap will need to be tightened again after tightening the top strap. The brace needs to be worn tightly, otherwise it will not put enough pressure on the spine and it will not work.

WEARING THE TLSO

- 1) Wear the brace everyday the exact number of hours as prescribed by your physician. Remember spinal correction requires time in your brace.
- 2) The first few weeks of wearing the TLSO will be an adjustment period, but by the end of two weeks you should be able to sleep through the night and wear the brace the number of hours required.
- 3) Nighttime is an ideal time to wear the brace because gravity is eliminated and the brace can apply good pressure on the spine. The brace straps may need extra tightening when lying down due to the stomach and spine flattening out in this position.
- 4) Since the waist area is rigid, bending at the waist will be eliminated and occur at the hips instead.
- 5) Pressure marks will appear on the skin from the pressure pads and waist contours of the brace. These pressure marks are normal and will last longer than 20 minutes. If these pressure marks look excessive to the point where the skin bruises or breaks down, adjustment to the brace is needed.
- 6) Wash the inside of the brace and pads everyday with facial soap and water. Rinse and dry with a towel.

- 7) Call immediately for an appointment if there are any skin problems or other fitting problems. If you need immediate assistance after regular office hours, please call 893-4116 and leave a message on the answering machine. Your call will be returned.
- 8)
 - (a) After initially receiving the brace, a follow-up appointment should be made with your doctor who prescribed the brace so an x-ray can be taken of the patient while wearing the brace.
 - (b) A follow-up appointment should then be made with Great Lakes to examine the new x-rays and fit of the brace. X-rays must be brought to this appointment if they are not available to our office over the internet. Thereafter, the brace needs to be checked for growth and proper fit at least once every four months by our staff Orthotists. Call 878-7307 or 893-4116 for an appointment.
- 9) When making an appointment for a check-up of the brace, if x-rays were taken when patient last saw the doctor, please be sure to bring x-rays with you. If you do not have the current x-rays, advise the secretary when and where they were taken, so our office can obtain them before the appointment.
- 10) Caution: When not wearing the device, keep it away from your pets since they are attracted to the human scent and will chew and destroy it.

Warranty: The components of this device are warranted for 90 days, after which a service charge, based on an hourly rate and materials, can be applied. The warranty does not apply to anatomical changes of the patient, misuse and/or loss of the device or any alterations made by anyone other than Great Lakes.