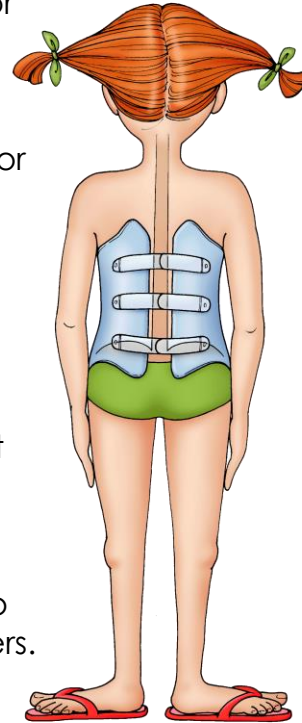


# THORACOLUMBOSACRAL ORTHOSIS (TLSO)

## TLSO Braces

You have just received a brace for either scoliosis or kyphosis. The first few weeks will be a time of adjustment for you and your parents. Focus on what you can do, NOT what you cannot do. Use common sense and call if you have any questions or problems.



## Skin Care

- Remove brace and bathe or shower each day.
- Wear a clean T-shirt daily. The shirt should be 100% cotton without ribbing.
- Apply alcohol to the red areas of skin for the first two weeks and allow your skin to dry before applying brace.
- Change damp T-shirts frequently.
- You may apply cornstarch to your skin to absorb some of the moisture. Do not use talc or powders.
- Pull T-shirt down through bottom of brace in front and back to remove wrinkles.
- Do not use fabric softeners or "Cling Free" because they leave a residue on the T-shirts that may cause skin irritation.

## Common Skin Problems

Skin problems often occur because the brace is not tight enough, allowing it to shift. This causes constant rubbing on the skin or wrinkles in the T-shirt. Make sure the brace is very snug and is on correctly.

Redness: massage with alcohol (some normal redness is expected). Do not use lotions, oils or creams on these areas.

Blisters: leave open to air and remove the brace for 24-48 hours until healed.

Raw Areas: expose to air and remove the brace for 24-48 hours until healed.

Heat Rash: (red, raised pimples) clean and dry the area. Try cornstarch before reapplying the T-shirt and brace.

Dark Areas: these are normal at the waist and will fade. Normal skin color will return after brace is discontinued.

## Brace Care

- Use a face cloth to wash the brace daily, and wipe thoroughly.
- Use liquid dishwashing soaps, either white or clear.
- Clean straps by scrubbing with an old toothbrush to remove soil. Remove lint from Velcro.
- Pat dry with a towel or use a hair dryer on the **cool** setting before reapplying brace. Heat from a hair dryer, radiator, stove or direct sunlight may deform the plastic.
- Loose padding should be glued by the Orthotist. Home glue usually does not work. Call your brace shop if rivets pull out, straps tear, or if your brace needs any kind of repair.

## Activities

Your brace may be removed for certain activities. Please discuss this with your doctor or the nurse.

## Wearing Schedule

Because your brace may be uncomfortable at first, this schedule is set up to allow for gradual adjustment to your brace. This allows your skin and body time to adjust to your brace. You are expected to reach wearing time as ordered by your physician. During this time, observe any brace/skin problems.

Day 1	On 2 hours on return home
Day 2	On 2 hours; off ½ hour; on 2 hours = 4 hours
Days 3-4	On 2 hours; time off; on 4 hours; time off = 6 hours
Day 5	On 2 hours; off until bedtime; then sleep in it 8 hours = 10 hours
Days 6-7	On 4 hours; off until bedtime; then sleep in it 8 hours = 12 hours
Days 8-9	On 6 hours; off until bedtime; then sleep in it 8 hours = 14 hours
Days 10-11	On 8 hours; off until bedtime; then sleep in it 8 hours = 16 hours
Days 12-13	On 20 hours total; off 4 hours = 20 hours

## Follow Up Appointment

After brace delivery schedule an appointment to obtain an x-ray in the brace. It is important to evaluate the fit of the brace, the amount of tension on the straps and finally to document the effect that the brace has on the curve. Most follow-up x-rays will be taken in the brace.



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