

## INFORMATION on wearing the Custom Thoraco-Lumbo-Sacral Orthosis (TLSO)

Goal: Be wearing TLSO problem-free full-time prior to appointment with the doctor

### Skin Care for TLSO

It is very important to prevent skin breakdown (sore red raw skin). In order to prevent skin breakdown, the skin under the orthosis needs to be toughened up.

To Protect the Skin:

- Bathe daily.
- Apply rubbing alcohol to toughen up skin.
- Pay special attention to areas that are pink where the pressure is the highest.
- Always wear an undershirt without a seam that can wick away moisture, and prevent bacterial buildup.
- Always wear your underpants and clothes over the orthosis to prevent skin breakdown from the elastic bands.
- Wear orthosis as tight as possible. A loose orthosis may rub and move causing friction and skin breakdown.
- You can use cornstarch if rubbing alcohol is irritating your skin.
- Otherwise, until you have acclimatized to the TLSO, do NOT use creams, lotions or powders which can soften the skin and cause skin breakdown.
- If there is skin breakdown (sore red raw skin) the orthosis must not be reapplied until the skin heals (one day or more). If this happens, advise your Orthotist and book a follow up appointment.

Sometimes the skin over the waist and hip gets darker. This is common and is not a problem. This will clear up when the treatment is complete.

### Breaking into your orthosis:

Over a period of 2-3 weeks, gradually increase the time per day in your orthosis. The following program is designed to help your skin and muscles adjust to the orthosis:

Stage I: Wear Orthosis 6 hours daily.

- Best accomplished after school and up to bedtime.
- Apply orthosis for 2 hours.
- Remove orthosis, check skin and rub with alcohol. If your skin is just pink, reapply orthosis for 2 more hours and repeat up to 6 hours total.
- If your skin is sore and red, wait 30 minutes and then rub with alcohol and wear 2 more hours for up to 6 hours total.

Begin Date Stage I: \_\_\_\_\_

End date Stage I: \_\_\_\_\_

Stage II: Wear Orthosis 10 hours daily.

- Apply orthosis for 4 hours.
- Remove orthosis, check skin and if necessary, rub with alcohol.
- Reapply orthosis for 3 hours.
- Remove orthosis, check skin, and if necessary, rub with alcohol.
- Reapply orthosis up to 10 hours total.

Begin Date Stage II: \_\_\_\_\_

End date Stage II: \_\_\_\_\_

Stage III: Wear Orthosis 18-23 hours daily.

- Apply orthosis before school.
- At lunchtime or 4 hours later, remove orthosis, check skin. If necessary rub skin with rubbing alcohol.
- Reapply orthosis.
- After school, remove orthosis for 2-3 hours. Or if you have physical activity scheduled use your time out for this purpose.
- Reapply orthosis
- Sleep in orthosis.

The daily number of hours out of brace depends on the daily hours prescribed by your doctor.

Begin Date Stage III: \_\_\_\_\_.

- Once you are able to sleep in your orthosis, you have achieved your goal of orthosis wearing!
- Strictly follow the hours called for in your treatment plan.
- Make time daily for bathing, skin care, undershirt changes and exercise.
- Make sure that you have accomplished fulltime wear in the orthosis prior to following up with your doctor.

If you have any questions, please call our office and speak to your orthotist, or email your concerns.

Our next appointment is on \_\_\_\_\_.

Please keep track of your hours of wear and distribution of wear hours as well as note any areas that are uncomfortable, so that we can discuss and address these issues.

Sincerely,

Serap Kaga, B.Sc., C.O. (c)

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