**TLSO Body Jacket Care and Use Guide**

You have just received your new orthosis which was designed and custom made especially for you. Please refer to the following instructions for the care and use of your brace.

**Application:**

Your orthosis is a two piece design with a posterior (back) and an interior (front) section. The front overlaps the back along each side. You will need to apply the orthosis in the supine (lying on your back) position.

* Apply a cotton t-shirt between the orthosis and your skin. Change daily as needed.
* Log roll and slide the posterior section under your side. Roll back and adjust for comfort.
* Place the anterior section on and have it overlap the back so the inside seam along each side is smooth.
* Gently fasten the Velcro to a firm but comfortable tightness.

**Wearing Schedule:**

* The length of time that you will wear your orthosis will depend upon your condition and is determined by your physician.
* The TLSO is to function as an immobilization device to restrict excessive motion in your thoracolumbar spine. You will be limited in your daily activities because of this.
* **Do not** get out of bed without your orthosis on unless it has been cleared with your physician.

**Skin Maintenance:**

* Any redness or irritation that does not resolve after 15 minutes with the brace off, please notify your orthotist for adjustments.

**Orthosis Care:**

* Your orthosis can be cleaned with a mild soap and water and towel dried. It is important to clean your orthosis daily to prevent bacteria build-up and skin irritation.

If at any time you have questions or concerns, please contact your orthotist.