

OrthoPro of Reno, Inc.
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Use of your Custom Back Brace (TLSO or LSO)

1. Never wear the TLSO directly on the skin. Always wear fabric between the brace and your skin. Orthopedic body socks work best, but t-shirts may be used. We recommend sports t-shirts made of CoolMax or similar material. These are available at local sports stores. If a t-shirt is unavailable or not practical, a hospital gown or pillowcase may be used. Please minimize the wrinkles in the fabric interface.
2. The jacket is designed so that the front section overlaps the back section. This permits the foam lining on the front and back halves to be placed against each other. If the foam on the front half starts to ride up over the back section, it is a good indication that you have lost weight and need to have the jacket adjusted.
3. NEVER, NEVER place the jacket in the back seat or trunk of an automobile during the summer, as the plastic will melt and the jacket not be repairable.
4. A loose jacket will not be comfortable. The jacket must be snug to be kept in place.
5. It is very difficult to put the jacket on while sitting. The jacket should be put on either in bed or standing up.
6. Many people find it easier to put the jacket on if they leave the straps on one side in place and use them as a hinge.
7. Some people find it helpful to back up against a wall to hold the back of the jacket in place while they strap the front on.
8. People sometimes develop skin rashes in the brace, and in many cases, this can be linked to poor skin care. It is possible to shower, bathe, or even swim in the brace if your physician gives you the OK for this activity. It is, however, essential that both your skin and the jacket be thoroughly rinsed when you are done. Any soap (body soap, laundry, or other chemicals, such as pool chlorine) left next to the skin can cause a very irritating skin reaction.
9. The brace can be washed. Use your regular body soap and wash it with your hands. Use of brushes, scrubbers, or even a wash cloth can abrade the surface of the liner and cause skin problems. After washing, make sure to rinse the jacket thoroughly.
10. We do not recommend the use of lotions or powders as these contain chemicals that irritate the skin.
11. Anytime that you think that the inside of the jacket may have come in contact with any chemical, soap, or other material that might irritate the skin, RINSE THE JACKET WITH FRESH WATER.
12. Please contact our office if you have any problems or questions.

Patient Signature