



TLSO Wear & Care Guide

KANKAKEE

119 E. COURT STREET
SUITE 100
KANKAKEE, IL 60901
(815) 932-8564

JOLIET

121 SPRINGFIELD AVE
JOLIET, IL 60435
(815) 741-9700

ORLAND PARK

18016 S. WOLF ROAD
ORLAND PARK, IL 60467
(708) 364-9700

WATSEKA

200 N. LAIRD LANE
WATSEKA, IL 60970
(815) 432-7783

EVERGREEN PARK

3900 W. 95TH STREET
EVERGREEN PARK, IL 60805
(866) 996-7832

www.optechop.com
info@optechop.com
866-99-OPTECH

Explanation of the Orthosis

A TLSO was ordered by your doctor to protect and immobilize your spine. Your TLSO will be custom designed to fit your body as snug as possible. Your doctor will tell you how long to wear your TLSO.

Putting on Your Jacket

You will need to position the TLSO properly. Log roll on your side and place the TLSO parallel to your back then roll into the back half of the brace. Once it is in proper position, lay the front half on your chest and attach with the Velcro straps snugly. The front should overlap the back.

Proper Placement

The easiest way to test for proper placement is to feel the indentations on each side of the plastic shell. These will fit at the indentations of your waist, above the hip bones and just below the ribs, or in a line with the belly button. The front edge of the TLSO will come very low in front and press slightly on top of your legs when sitting. The bottom back of the TLSO will be approximately one inch above the sitting surface.

Preventing Skin Problems

Check your skin thoroughly under the TLSO, especially over bony areas for any red or irritated spots every day. Skin irritations may occur from moisture and bacteria on the skin or if the TLSO is not positioned properly.

Protecting Your Skin

Always wear a clean, dry, well-fitting 100% cotton t-shirt. Avoid having wrinkles in the fabric by folding the excess over the stomach area.

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Bathing

Ask your doctor for bathing instructions and precautions. Remember, if you get the TLSO wet, it must be completely dry before you put it back on or skin irritation may result.

Skin Products

Alcohol wipes will help reduce moisture and bacteria on the skin under the TLSO. Powders can also be beneficial, but too much can cake up and cause problems.

Chaffing or Pressure Spots

Either of these may occur when your TLSO is too loose or too tight. Check the position and tightness of your TLSO.

Rash

If the TLSO causes a rash or skin irritation, loosen the entire orthosis and pull forward with finger loop to release from sliding mechanism.

Cleaning Your Orthosis

Use a mild soap and water to clean the TLSO. Make sure the TLSO is thoroughly dry before you put it on. Rubbing alcohol may be used to wipe the TLSO to help destroy any bacteria that may be present and to remove soap residue.

Follow Up Visits

Now that you have been fit with your orthotics, any orthotic maintenance or adjustments must be made by Optech O&P. Please contact our office if an adjustment is needed.

If you have any questions about the wear & care of this product, please contact Optech Orthotics & Prosthetics for more information.