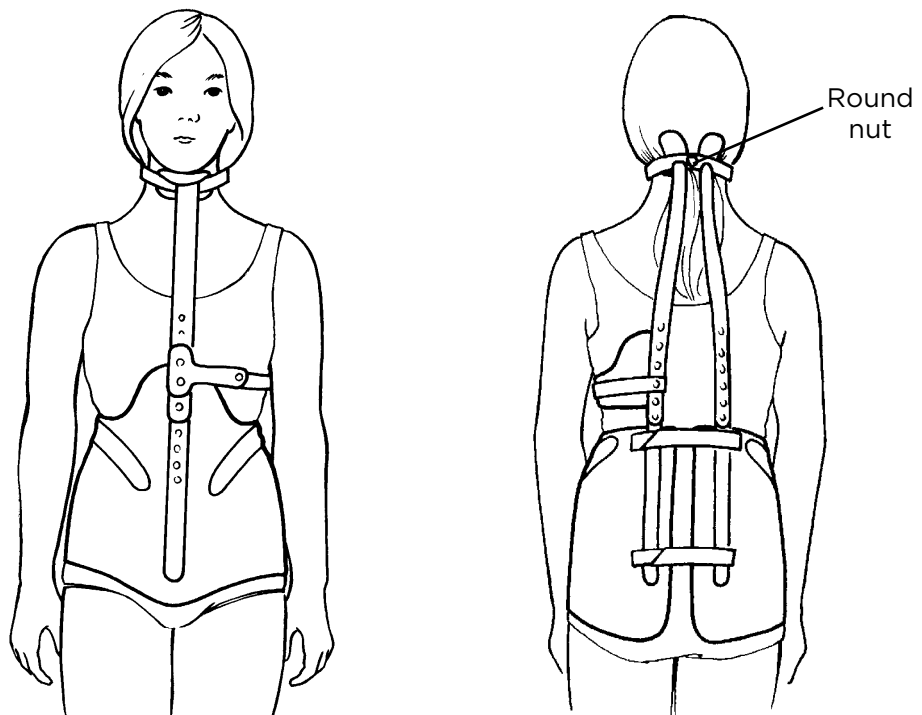


C.T.L.S.O. – Milwaukee Brace

Putting on the brace

It may be easier to have someone assist you in putting on the brace.

- Put on a clean, dry, cotton tank top. Smooth out all the wrinkles.
- Hold the brace in front of you. Spread the brace open, and apply it to your body.
- Your arms go through the openings to the side of the front bar.
- Let the brace settle onto your hips.
- Center the brace. Your buttocks should be centered in the opening of the brace.
- Tighten the round nut at the back of the neck ring.
- Starting with the top strap, secure the velcro through the metal loop.
- Tighten all straps until the brace is snug. The width of the opening should be equal from top to bottom.



To Learn More

- Orthotics & Prosthetics
206-386-6100
- Your child's healthcare provider
- www.seattlechildrens.org

Free Interpreter Services

- In the hospital, ask your child's nurse.
- From outside the hospital, call the toll-free Family Interpreting Line 1-866-583-1527. Tell the interpreter the name or extension you need.
- For Deaf and hard of hearing callers
206-987-2280 (TTY)

Schedule

Brace should be worn for _____ hours each day.

Daily cleaning of the brace

1. Dampen a cloth with water, and wipe out the inside of the brace. Dry completely with a clean towel or paper towels.

DO NOT COVER THE BRACE WITH WATER! Moisture becomes trapped inside the brace and may cause germs to grow. This will cause the brace to smell bad.

2. Dampen a different cloth with rubbing alcohol, and wipe out the inside of the brace again. This will stop brace odor.

Clothing

- Wear loose-fitting shirts or blouses and pants or skirts with an elastic waist.
- A clean, dry, cotton tank top must be worn under the brace to protect your skin.
- Underpants should be worn under the brace.
- Bras can be worn under the brace.