

T.L.S.O. for Scoliosis

Read these tips for wearing and caring for your brace.

Putting on the Brace

It may be easier to have someone help you put on your brace.

1. Put on a clean, dry, cotton tank top. Smooth out all the wrinkles.
2. Hold the brace in front of you. Spread the brace open, and apply it to your body.
3. Let the brace settle onto the hips.
4. Center the brace. Your bottom should be centered in the opening of the brace.
5. Starting with the middle strap, thread each strap through the opening of the metal loop and secure the Velcro back onto itself.
6. Tighten all straps until the brace is snug. The width of the opening should be equal from top to bottom.

Clothing

- Loose-fitting shirts or blouses and pants or skirts with an elastic waist are most comfortable.
- Wear a clean, dry, cotton tank top under the brace to protect your skin.
- Underpants should be worn over the brace.
- Bras can be worn under the brace.

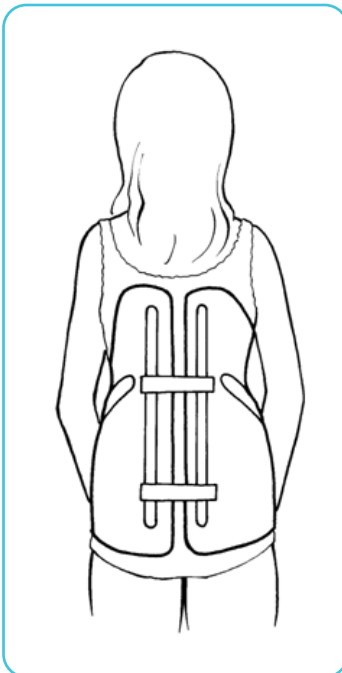
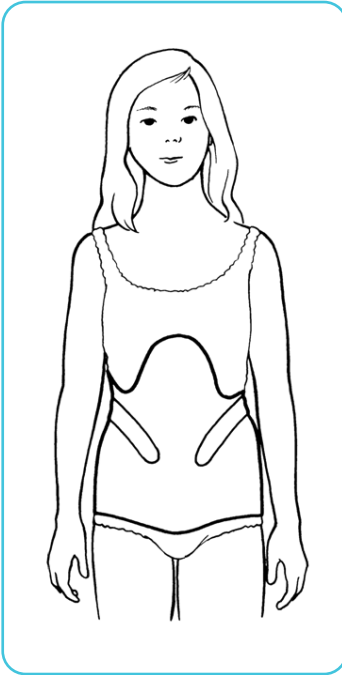
Daily Cleaning

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.

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



To Learn More

- Orthotics and Prosthetics
206-386-6100
- Ask your child's nurse or doctor
- 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)

Wearing Schedule

Wear the brace for _____ hours each day.

Day 1: Wear brace for four to five hours today. Remove brace, check skin and clean the brace with rubbing alcohol. When checking the skin, look for red marks that do not go away within 30 minutes. Pink marks that blanch or turn white when pressed and that fade within 30 minutes are OK. Pink areas under the corrective pads may not fade.

If you notice dark, cherry-red marks, especially over bony areas, that do not blanch when pressed and that do not disappear within 30 minutes, please call us to schedule an appointment as soon as possible.

Day 2: Wear brace for six to 10 hours. Remove brace, check skin and clean the brace following the steps in Day 1.

Day 3: Wear brace for 10 to 15 hours. Put the brace on when you get home from school or early in the evening and wear it through the night (sleep in the brace). In the morning, remove the brace, check skin and clean the brace as recommended.

Days 4 and 5: Continue increasing wear time until you are wearing the brace for 18 to 20 hours per day, or as directed by your doctor.

Each day, tighten the brace a little bit more. Within one week, the brace should be tightened down to the marks on the straps. Each person is different, and you may need a little more time to adjust to wearing the brace. If you are having difficulty with the brace and are not up to full-time wear and full tightness within two weeks, please call us for a return appointment.

Once you are adjusted, you may go without the brace for only four hours each day.

Remove the brace for gym class and other physical activities. This time-out of the brace counts toward the four hours that you may spend out of the brace each day.