



Thompson's Custom Orthotics and Prosthetics

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SKIN CARE INSTRUCTIONS -Spine

You have been provided with a **THORACIC LUMBO SACRAL ORTHOSIS (TLSO)** according to the prescription.

- Always wear the brace over a tee shirt or stockinet that is long enough to cover the entire area under the brace. The cloth should be absorbent, snug & wrinkle-free. Pull wrinkles to non-bony areas to avoid pressure problems.
- If the brace is to be worn post-surgically, it must be worn **at all times** unless otherwise prescribed by the physician. All braces are worn per physicians' orders.
- Witch Hazel liquid can be applied to the skin to help condition it for brace wearing. Pat it on lightly and allow it to dry once or twice daily. Do not apply lotions or creams under the brace as they will soften the skin and promote breakdown. Talcum powder is acceptable (particularly the unscented types).
- Breaking in period: Begin wearing the brace for _____ minute intervals, leaving the brace off for at least 30 minutes between sessions. Increase the wearing time to _____ over the course of _____. ****This breaking in period does not apply to braces fit post surgically or following an injury. In these cases the brace is applied & worn per the physician's order.**

WATCH THE SKIN FOR REDNESS

- Check the skin regularly for pressure areas (areas that are red, abraded, and/ or hot to the touch). Pressure marks should disappear within 30 minutes after taking the brace off. If they do not, check to see if the brace is being applied properly. If the brace is being worn properly & pressure areas reoccur, an appointment should be made to have the brace adjusted.
- Clean the brace regularly. All areas of the brace are washable with mild soap & water. Be sure to remove all traces of soap & pat the brace dry before reapplying. Rubbing alcohol applied with a cotton ball can also be used to remove body oils & odors from the brace.

THOMPSON CUSTOM O&P is committed to providing quality products and continuing service. The patients' comfort is very important. Follow-up orthotic checks are provided at no extra charge as a guarantee of our product.