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Wear and Care Instructions for the Aspen Vista 464 TLSO

Putting on the Brace

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1. Before putting on this brace you need to put on a shirt. This brace should never be worn against your skin.
2. Put on the brace by opening the side panels and positioning the back panel centered on your back.
3. Wrap the side panels around your waist and center the sternal pad against your chest just below your collar bones.
4. Use the pull tabs by pulling them out to the left and right sides to tighten the brace until comfortable. Then re-stick the tabs back to the brace.
 - The left pull tab will tighten the lower part of the brace
 - The right pull tab will tighten the upper part of the brace
5. Clip the upper strap buckles into the sternal pad and tighten them until comfortable.

Removing the Brace

Unstick the pull tabs and re-stick them to the sides of the brace. Undo the top right strap by pressing in the strap button and disconnecting it from the sternal pad. Undo the velcro side panels to open the back brace and slide it off to your left side like taking off a backpack.

HELPFUL TIP - Check your skin every day. If your skin stays red for more than 15 minutes after you take off your brace it could mean the brace is applying too much pressure. If the redness doesn't go away within 15 minutes or if you feel soreness, take a picture of the redness and contact our office right away. You may need to stop wearing the brace.

Cleaning Instructions

If the brace gets dirty you can clean it with soap and warm water. The brace must be fully dry before you put it on again. Do not use bleach or other harsh chemicals to clean the brace.

Wearing Schedule

In general you should wear this brace during waking hours when you are out of bed. Typically, you will not sleep with this brace on. Ask your practitioner or doctor what your wear time should be based on your diagnosis.