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Wear and Care Instructions for a Boston Scoliosis TLSO

Putting on the Brace

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1. Put on the thin cotton undershirt you were given or a tight tank top.
2. Open the velcro straps, pull the sides apart to the point where you can slide inside. The waist grooves should rest just above your hips.
3. Now, reach behind you and tighten the straps. You may want to ask for help with the straps. Tighten the bottom strap first, then the top strap, and finish by tightening the middle strap.

HELPFUL TIP - Your clinician likely put marks on the straps to indicate how tight they should be. There should still be a gap between the two sides after the straps are attached.

Removing the Brace

Undo the velcro straps and open the brace wide enough to slip out. Restick the velcro back to itself to prevent a velcro mess.

HELPFUL TIP - It's important to check your skin every time you remove the brace. Some redness is normal, but it should fade within 15 to 20 minutes. If you notice areas of deep redness, sores, or a sensitive painful area, take pictures and let us know right away.

Cleaning Instructions

Clean the brace everyday with warm water and mild soap. You can also use rubbing alcohol to kill bacteria. Don't use bleach, wipes, or harsh chemicals to clean it and make sure the brace is completely dry before putting it back on.

Break-In Schedule

Scoliosis braces are typically worn for 18-23 hours a day. To get used to wearing it, you'll follow a gradual break-in schedule that might look something like this.

Day 1 - 5	Day 6- 10	Day 10 +
Wear the brace 1-2 hrs at a time, 3-4 times per day.	Wear the brace for 3-4 hrs at a time, 3 times per day.	Add 2 hrs a day until you're wearing the brace between 18-23 hrs a day.
Don't sleep with the brace on yet.	Don't sleep with the brace on yet.	Start sleeping in the brace.