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Wear and Care Instructions for a Corset LSO

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. It's easy to accidentally put this brace on upside down. It's correct when the front straps are on the right side panel and the D-rings are on the left.
3. Wrap the side panels around your waist and secure the velcro straps. Make sure the bottom of the brace ends up resting on top of your hips.
4. After all the straps are secure, go one by one pulling each to a comfortable tightness. If you need to tighten the brace even more you can pull the tension straps on either side of the brace.

Removing the Brace

Undo the velcro straps. Then open the side panels and remove the brace. Restick the velcro straps back to themselves to avoid a velcro mess.

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.