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Wear and Care Instructions for the Cybercross 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 strap, opening the tensioner, and positioning the back panel centered on your back.
3. Center the sternal pad against your chest just below your collar bones and the lower pad should be just above your beltline.
4. Secure the side strap to the front panel of the brace and listen for the click sound that indicates the strap is connected to the pin.
5. Double check that all pads are in the correct position and then close the tensioner.

Removing the Brace

Opening the tensioner. Then, with your thumb in the side strap loop, disconnect it from the pin by pushing the loop across your body toward your left side. A click sound will indicate the side strap is disconnected and you can remove the brace.

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.