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Wear and Care Instructions for the Ovation 456 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 front panels and putting it on like a back pack. Your arms will go through the shoulder straps and the back panel should be positioned centered on your back.
3. Stand up straight and wrap the front panels around your waist securing them just above your pubic bone.
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.
5. Make sure that everything is comfortable by making minor adjustments to straps and pads as needed.

Removing the Brace

Unstick the pull tabs and re-stick them to the sides of the brace. Undo the velcro side panels to open the back brace and slide it off like taking off a backpack. Once the brace is off, restick the front panels back to each other to keep the velcro from sticking to other things.

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.