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Wear and Care Instructions for the Spinomed 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 grab the two front panels to pull them down and away from your body. This will tighten the shoulder straps. Then wrap the front panels around your waist securing them just above your pubic bone.
4. Make sure that everything is comfortable by making minor adjustments to straps and pads as needed.

Removing the Brace

Separate the front panels from each other and take off the brace like 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.