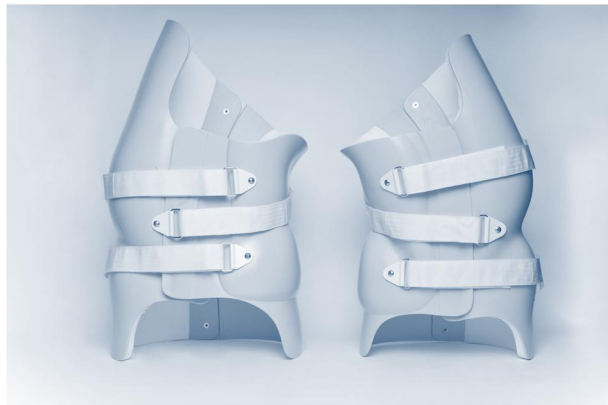


Horton's Orthotics & Prosthetics

Providing a Lifetime of Support



Caution Curve Ahead



Wear & Care Guide

www.hortonsoandp.com

**INFORMATION INTENDED AS A GENERAL GUIDE. NOT TO REPLACE
DIRECTION FROM YOUR DOCTOR**

Wear and Care

What is a Charleston Bending TLSO?

Thoraco-Lumbo-Sacral Orthoses (TLSO) are designed to prevent progression of a spine curve. Charleston Bending Brace (CBB) uses the principle of reverse bending or “over correcting” to treat the curve.

This brace is designed for night time only! You should not wear it during daily activities. Your doctor will tell you how many hours to wear it.

It is important to remember that a TLSO only prevents progression

Applying The TLSO

A snug fitting undershirt should always be worn.

Put the brace on with the opening in the front.

Find the pads on the brace that sit above your waist. With your hands squeeze slightly and push the brace towards your feet so that the brace sits snugly on your hip bones.

Pull down on your undershirt to smooth out any wrinkles.

Tighten the middle strap first followed by the top and bottom. Your Orthotist or doctor may mark the straps as a guide for you.

If it is easier you can put the brace on standing but always tighten the brace lying down.

Break In

You need time to adjust to your new Brace. Gradually increase the wear time daily to reach the goal set by your doctor. **DO NOT RUSH THIS!!** Your body needs to build a tolerance, this usually takes up to two weeks.

Check your skin regularly for skin irritation.

Since this is a night time brace you will only have a few hours to break in to it until you have to sleep in it.

Increase the wear time one hour each day before bed time until you have reached three hours. After you have comfortably worn it four three hours do not wear it before bed the following night. Put it on at bed time and wear it all night.

When sleeping in the brace for the first few times try to keep the brace on all night. If it gets uncomfortable try loosening the straps or changing sleeping positions. It is important to leave it on so you don't develop a habit of removing it in your sleep. If after a few nights you are still having problems call our office. We may need to adjust it.

Charleston Bending TLSO

Brace Care

Clean your TLSO on a regular basis. Rubbing alcohol makes a good cleaner. Spray or wipe the inside of the TLSO with the rubbing alcohol. It dries quick and does not leave a film like soap can.

Once a month or for stains the rubbing alcohol leaves, use a clear non scented hand soap to clean the TLSO. The inside liner can be scrubbed lightly with a cloth. Always rinsing the TLSO with clean water several times. Towel dry and let air dry. Open the Velcro straps and let them lay flat. The TLSO should be dry before wearing.

Never leave your brace in very hot sun such as the back of a car or near a heater. This can cause it to lose its shape.

Do not attempt to fix or adjust your TLSO yourself. Doing so could damage the TLSO and void any warranties.

Skin Care

NEVER USE CREAMS OR LOTIONS ON YOUR SKIN

Your skin needs to be clean. Bathe daily to promote good skin care.

Apply rubbing alcohol to any areas of your skin that may be prone to rubbing or excessive pressure. This will toughen the skin.

Any red or pink areas should go away after 30 min. Notify our office of any red areas staying longer. Your brace may need to be adjusted.

If skin breakdown (sore, red, raw skin) does occur remove the brace until the skin heals. Usually one to two days.

Wearing your brace loosely will allow it to move around more and more likely cause skin breakdown. All ways wear it as tight as possible.

You may notice some areas turning darker. This is normal especially where the pushes are in the brace. They usually fade after treatment.

Follow Up

After your initial fitting we would like to see you back in two weeks to make sure the TLSO is functioning properly. You need to be seen at least once a year for other follow ups. You should receive a follow up notice as a reminder. Your Orthotist may chose to see you back sooner if needed.

At any time you feel you need to be seen by your Orthotist please call and set up an appointment.

Notify your Orthotist as soon as possible when you notice any signs of excessive wear.

Orthotist: _____

LOCATIONS

Little Rock

5220 West 12th
Little Rock, AR 72204
501-663-2908
1-800-332-2908
Fax: 501-663-3994

Bryant

605 W Commerce
Bryant, AR 72022
501-847-6999
1-800-331-2908

Ft. Smith

2909 South 66th Street
Fort Smith, AR 72903
479-452-3959
1-800-455-3959

Searcy

710 Marion, Suite 304
Searcy, AR 71423
501-268-2272
1-800-331-2908
Fax: 501-268-2994

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