

# Horton's Orthotics & Prosthetics

*Providing a Lifetime of Support*

## Wear & Care Guide



Total Contact  
Scoliosis

**INFORMATION INTENDED AS A GENERAL GUIDE. NOT TO REPLACE  
INSTRUCTIONS PROVIDED BY YOUR DOCTOR.**

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# Wear & Care

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## What is a Total Contact TLSO?

Thoracic-Lumbo-Sacral Orthoses (TLSO) are designed to prevent progression of a spine curve. Total contact refers to the Orthosis being in contact with most of the torso.

It is important to remember that a TLSO only prevents progression of a curve and does not permanently improve it.

## Applying The TLSO

A snug fitting undershirt should always be worn.

Open the brace and make sure the opening is straight. Make certain to understand before leaving if your brace opens in the front or back.

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.

Tuck the tongue in so that it is smooth under the brace.

Tighten the middle strap first followed by the top and bottom. Your Orthotist or doctor may mark the straps as a guide for you. Please note the marks are just a guide until physical changes in size occur.

When at all possible 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 to making this a part of your every day activities. This usually takes up to three weeks.

Check your skin regularly for skin irritation.

Depending on the amount of hours the doctor has prescribed, your Orthotist will give you a wear schedule to help with the break in.

On average you should be able to increase your wear time by one to two hours each day.

Do not try and sleep in the brace until you have comfortably worn the brace four to six hours. 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.

Do not wear it to school until you are comfortably wearing your brace the amount of hours you will be there.

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# Total Contact Scoliosis TLSO

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## 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 rinse 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 if any red areas stay 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. Always wear it as tight as possible.

You may notice some skin turning darker. This is normal especially where the Brace pushes the hardest. 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 choose to see you back sooner if needed.

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.

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Orthotist: \_\_\_\_\_

## LOCATIONS

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### 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  
Fax: 501-847-0099

### North Little Rock

4020 Richards Rd. Ste. D  
North Little, AR 72117  
501-945-0404  
Fax: 501-945-0442

### Searcy

710 Marion, Suite 304  
Searcy, AR 71423  
501-268-2272  
Fax: 501-268-2994

### Ft. Smith

2909 South 66th Street  
Fort Smith, AR 72903  
479-452-3959  
1-800-455-3959  
Fax: 479-452-4007

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