

A patient's guide to

# post-operative spinal braces (TLSOs)

Your brace has been given to you to control and protect your spine following surgery.

Your doctor will tell you how long you need to wear your brace. It is important to wear the brace for this period.

You must always wear your brace over a close fitting cotton T-shirt or singlet and excess material should be gathered at the opening to avoid folds under the brace. You can also turn the T-shirt inside out to prevent irritation from the seams.

In most cases the brace should be applied with you lying down – see illustrations.

Your skin should be regularly inspected, especially during the first few days. Any break in the surface of the skin or blisters should be reported to the Orthotics Department.

Your brace can be cleaned with a mixture of warm water and gentle soap, and should be dried with a hair dryer - the lining will not absorb water so it is easily dried.

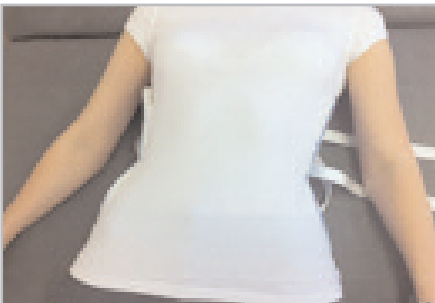
If you have a problem with your brace, your ward will contact the Orthotics Department for it to be checked.

## Putting on your hard front brace

1. In bed, log roll to one side. A carer should then apply the back section of the brace. It should be pushed downwards into the bed and under your side.



2. The brace is shaped in at the sides for your waist. Check this shaping is over your own waist. Then, roll back onto the bed and into the brace. Again check the waist position and that the brace height is even on both sides.



3. Lay on the front half of the brace so that the sides overlap the back section. Loosely fasten all the straps.

To tighten the straps, pull the two middle ones at the same time, followed by the two bottom ones and then the two top ones. Check all straps are tightened fully.

4. Then, log roll to one side again, drop your legs over the side of the bed and push up with your arms to a seated position.



## Putting on your corset front brace

1. The back section of the brace should be applied as per the illustrations overleaf (steps one and two)
2. While still lying, fasten the corset front straps tightly
3. Log roll to one side, drop your legs over the edge of the bed and use your arms to push up to a seated position



## Shoulder straps

Once seated, take one strap over the front of the shoulder, under the arm and cross over the back to fasten through the buckle on the **OPPOSITE** side. Do the same with the other strap.



# Notes

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If you have any comments about this leaflet or would like it translated into another language/large print, please contact the Clinical Governance Department on 020 8909 5439/5717.

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