



A patient's guide to

# Front opening TLSO

(Thoracic Lumbar Sacral Orthosis)

Your brace has been given to you to protect and support your spine by limiting movement.

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

You should wear your brace any time your spine is upright, as advised by your doctor.

You must always wear your brace over a close fitting cotton T-shirt or vest. You can also turn the T-shirt inside out to prevent irritation from the seams.

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

Your brace can be cleaned with a wet wipe or mixture of warm water and gentle soap and should be dried with paper towels or left to dry naturally – the padding will not absorb water so it is easily dried.

If you have any problems with your brace please contact the Orthotics Department on **020 8909 5418**.

## Putting on your brace in sitting

Your doctor has instructed that you can put your brace on in sitting.



Open the brace and pull it around yourself so the opening and straps are at the front. The brace is shaped in at the sides for your waist. Check this shaping is over your waist.



Fasten the straps, starting with the middle strap, and tighten them all so the brace is secure on you.

These spinal braces are designed to allow small changes in size and weight, however, if your weight changes a lot or you feel the brace is not fitting well, please contact the orthotics department to have the brace reviewed.

If you would like this leaflet translated into another language/large print, please contact the Quality Team on 020 8909 5439.

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18-89 © RNOH

Date of publication: June 2018

Date of next review: June 2020

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