



# **Orthotic & Prosthetic**

SPECIALTIES INC.

## PLASTIC TLSO (BODY JACKET) USE AND CARE INSTRUCTIONS

- Always wear a T-shirt, this provides a barrier between the skin and the plastic along with absorbing perspiration.
- If possible graduate your time of use with your new orthosis. Initially wear it for a short period of time and take it off. Remove your T-shirt to check for redness.
- Make sure that the indentations on the inside of the TLSO are just above the hip bones.
- Keep the straps pulled to the marked tightness with the back piece overlapping outside the front piece.
- If you have a localized redness, call your orthotist. If the redness is over a large area and it is pinker in color, that is normal.
- Don't expect to be able to move in all directions or sit in all types of chairs. The orthosis is designed to limit some of your improper motions and positions.
- Follow your physician's instructions on when to wear your TLSO (when to have it on and how long to continue to use it).
- Do not feel discouraged if you feel an adjustment is needed. This is not unusual. A minor adjustment might be needed to ensure a good fit. Call you orthotist to discuss this.

### HOW TO CARE FOR YOUR TLSO

- Clean your TLSO at least once a week with a mild soap, and rinse well to remove soap residue.
- If you have a removable liner, follow the washing instructions on the tag sewn into the liner or ask your orthotist for directions.

### IMPORTANT NOTES ABOUT YOUR PLASTIC TLSO

A plastic TLSO (body jacket) is a very specialized device. It is VERY important to keep all follow-up appointments made by your orthotist. Schedule an appointment at our office if any unexpected problems occur.