

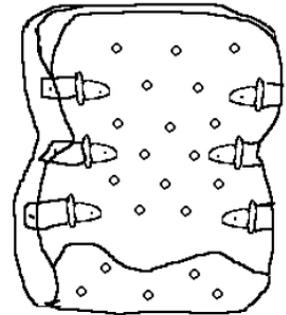
# TLSO Body Jacket

## Care and Use Instructions

The body jacket is one type of Thoracolumbosacral Orthoses (TLSO).

### INTRODUCTION

1. The orthosis is constructed of a thermoplastic and can be damaged by heat.
2. The orthosis may be cleaned with a mild soap and water. It may be wiped with alcohol.
3. If you shower with the orthosis on, the orthosis should be removed and dried as soon as is possible.



### FITTING

1. Always wear a T-shirt under the orthosis, this provides a barrier between the skin and the plastic as well as absorbing perspiration. Be sure that the T-shirt fits snugly and that it has a “tail” long enough to extend beyond the lower edge of the orthosis. Care should be taken pull out the wrinkles in the T-shirt after putting on the orthosis.

**NOTE: Cotton, cotton/poly-blend or silk T-shirts are suggested for undergarments. Cotton is comfortable and breathable, but it absorbs and retains water. Silk or poly-blends help pass moisture away from your body. Ask your orthotist for a recommendation.**

2. Identify the back half of the T.L.S.O. and determine which end is ‘up’.
3. Lying on a flat bed, log-roll to one side. Have someone assist you by sliding the edge of the orthosis underneath your body. Be sure that the indentations on each side of the T.L.S.O. line up with your anatomical waist-line.
4. Roll onto your back, lying on the orthosis. Check to make sure the orthosis is centered under your body with the indentations properly positioned at the waist.
5. Lay the front half of the T.L.S.O. over back half. Be sure to align the grooves. Fasten the Velcro straps so that the orthosis is snug. If it is loose, it will move around and cause more problems by rubbing.

### RECOMMENDED WEARING SCHEDULE

1. If possible, it is recommended to gradually get use to your new orthosis. Initially wear it for a short period of time and take it off. Gradually increase the wearing time as tolerated, until the recommended wearing schedule as prescribed by your doctor is achieved.
2. The T.L.S.O. should be worn full-time except when lying in bed.

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3. Each time the orthosis is removed check for any redness and skin irritation. Expect to see redness in high pressure areas such as waist line and under the curvature control pads. Red marks should disappear within a half-hour after removing the orthosis.

## SKIN CARE

It is very important to PREVENT SKIN BREAKDOWN (sore, red, raw skin). The skin under the orthosis needs to be toughened up, especially where the orthosis presses the hardest.

To Protect the Skin: Bathe daily (bath or shower)

1. Apply rubbing alcohol with your hands to all parts of the skin that the orthosis covers, especially the areas where the skin is pink, and the areas where the orthosis presses. Simply rub the alcohol into the skin. The alcohol plus the friction between your hand and body toughens the skin.
2. Always wear a cotton (or similar material) T-shirt or tubular knit without side seams, if possible. See NOTE on previous page regarding T-shirt material.
3. The skin will need frequent observing when the orthosis is first used (look for pink areas)
4. Initially, DO NOT USE CREAMS, LOTIONS OR POWDER under the orthosis. When dry skin occurs, call your health practitioner.
5. If you wear the orthosis loosely, it will move around and cause more skin problems by rubbing. WEAR YOUR ORTHOSIS AS TIGHTLY AS POSSIBLE.
6. If there is skin breakdown (sore, red, raw skin) the orthosis must not be worn until the skin heals - one day or more. If this happens, call your orthotist. The problem may be solved over the phone. Sometimes the skin over the waist and hips gets darker. That is common and is not a problem. When the orthosis treatment is over, this color will go away.

**IMPORTANT NOTE: Good skin care requires orthosis washing each day.**

## ADJUSTMENTS

1. Changes in the patient's size causes the orthosis to fit differently.
2. Don't expect to be able to move in all directions or sit in all types of chairs. Patients who otherwise have had no problems with their TLSO may find them uncomfortable when riding in an automobile due to the softness and angle of the seat.
3. If you have any questions or problems, do not hesitate to call our orthotist.

**NOTE: Weight gain or loss may possibly change the design and manufacture of the orthosis/ prosthesis delivered. Please contact the practitioner if this occurs to prevent potential injury.**



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