

# Device Guide

# Wilmington TLSO

## PURPOSE

To prevent a scoliosis curve from getting worse. We want to hold the angle of the curve at its current value.

## DONNING INSTRUCTIONS

1. You want to be lying down with your knees slightly bent.
2. Lift up your bottom with your legs and shimmy the jacket into place (you want the indents in your jacket to be in your waist groove).
  - a. If the jacket is too low, it will hit your hips.
  - b. If the jacket is too high, it will hit your ribs.
3. Once the jacket is in place, tighten the bottom velcro strap. Then tighten the top strap.
4. Remember that the side with the buckles goes on the bottom and the side with the straps overlaps.

## BREAK-IN SCHEDULE

Although your doctor is prescribing you to wear your TLSO for 12-23 hours, it will take you approximately **10 days to 2 weeks** until you are wearing your jacket for that long. Today you will not wear the TLSO for that amount of time! Right now your body is not able to tolerate the brace for an extended period of time. Therefore, we will wear you into the jacket. You will gradually increase the amount of time you wear the TLSO and the tightness of the straps. We marked the straps to the proper tightness during the final fitting. We do not want you to wear it that tight in the beginning, but eventually you will be able to make it that tight.

### Day 1: (1 hour on and 1 hour off)

- a. Today when you get home you will put the TLSO on for 1 hour.
- b. Then you will take it off for an hour.
- c. When you take it off ask your parent or guardian to check your skin for redness.

- d. Where the TLSO is pushing on your spine, it is going to be red.
- e. Don't worry! This is NORMAL. That is what we expect.
- f. Where it is red have your parent or guardian apply rubbing alcohol to these areas, we want your skin to toughen up. **DO NOT USE LOTION!** It will soften the skin.
- g. You should do this each time you take off your TLSO throughout the break-in schedule. Once the break-in period is over you can stop applying rubbing alcohol. We don't want your skin to dry out.
- h. After 1 hour with the TLSO off, put the TLSO back on for another hour. Once the hour is over take the brace off and use rubbing alcohol, again.
- i. Once you have done this, day 1 is over.

### Day 2: (2 hours on, 1 off)

- a. Most likely you will have school on day 2. You will not wear the TLSO to school.
- b. When you get home from school, you should put on your TLSO for 2 hours.
- c. After 2 hours, take it off for 1 hour.
- d. Then you will wear it again for 2 hours and take it off.
- e. You will not wear the TLSO tonight.
- f. Day 2 is over!

### Day 3: (3 hours on, 1 hour off)

- a. If you have school - you will start breaking-in the TLSO after school.
- b. When you get home, you should put on your TLSO for 3 hours and then take it off for 1 hour.
- c. If you don't have school, you can alternate 3 hours on and one hour off throughout the whole day.
- d. Tonight you are going to wear your TLSO to bed for the first time. We want you to wear it loose to bed. We are not going to hold your spine straight; we are just trying to get you used to sleeping straight. You might be use to sleeping curled up in a ball and we

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want your body to become accustomed to sleeping straight throughout the night.

**Day 4: (4 hours on, 1 hour off)**

- a. Today, follow the same instructions as day 3, but add an hour to your 'wear time'.
- b. When you go to bed tonight, again you should wear the TLSO, but this time make it a little tighter.

**Day 5:**

- a. From here on out, you should continue to add an hour to your 'wear time' each day until you are up to wearing the TLSO for the required amount of time.
- b. Continue to use the rubbing alcohol until you are wearing the TLSO for the required amount of time.
- c. Each day you will also want to increase the tightness.
- d. It could take anywhere from 10 days - 2 weeks until you are wearing your TLSO at the proper tightness for the full amount of time.

## CLEANING INSTRUCTIONS

- Clean your TLSO with warm water and mild soap. Every once in a while you should sanitize your TLSO with rubbing alcohol.

## PRECAUTIONS

- You should always wear a tight fitting t-shirt, the less wrinkles the better, under your TLSO. Some parents have recommended compression t-shirts such as those made by Under Armor, Nike, etc., but anything that is tight, works!
- Pants ALWAYS go over your TLSO! When we molded you, you didn't have your pants on so there isn't any room under the TLSO. Therefore, you should put your pants on over. This will also make it easier to use the restroom.
- **What about physical education class?** You can still participate in gym! Time out of your TLSO for

exercise is good! We encourage you to keep active. We recommend going to your school nurse or P.E. teacher's office, where you can have some privacy, to take off your TLSO. Then you can go to physical education class and participate. After P.E., you can go back to the office to put your TLSO back on. Make sure when you put the TLSO back on, that your tight fitting t-shirt is dry and not sweaty.

- The TLSO is made out of a low temperature plastic. So don't leave the TLSO in the back seat of a hot car or under a dark towel on the beach or at the pool. This also means, don't put it under a hair dryer, in the washer or dryer, or on top of a heat vent in your car (you name it, we've seen it!). Don't worry though, when the TLSO is on your body and it is a hot day, your body temperature will keep the plastic cool.

## MAINTENANCE

- As you grow, your TLSO can be adjusted. As your hips and chest develop, we can make adjustments to the TLSO to make more room in the jacket for you to maintain your comfort.

## DON'T HESITATE TO CONTACT US

We know that this whole process can be a bit overwhelming. We understand that you might not want to wear the TLSO. But we want you to know how important it is for you to wear it. You have been given an opportunity to help prevent the progression of your scoliosis. Take on the challenge with an open mind!

We want you to know we are here for you every step of the way! If at any time, tonight, tomorrow, two weeks from now, etc., you have any problems or any questions please feel free to contact us at (302) 429-7625 or 1-800-735-4627.