

Spinal Orthosis Wear & Care Instructions

You have been fit with a spinal orthosis to stabilize your spine. Most spinal braces are worn once you are out of bed for the day. They are never worn to bed, unless instructed otherwise. They are never worn against the skin. Some article of clothing must be worn underneath the brace, preferably cotton. Following use, remove your brace and inspect your skin. There may be some redness from pressure areas which is expected. The redness should not persist for more than 20 minutes after removal. Redness that does not disappear can be a sign of excess pressure. Please contact our office for adjustments and do not reapply brace if redness continues.

The brace is designed to support your back and limit the motion of your spine. It is important that the brace be worn snug at all times. Pull all straps snug until the brace cannot be shifted on your body.

Your brace can be cleaned with a washcloth and mild soapy water. Saddle soap can be used on leather portions. Make certain all soap is removed and the brace is completely dry before wearing. Inspect your brace daily for any signs of wear. Call our office as needed.

Signature: _____