

# CUSTOM ORTHOTICS

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## OF LONDON INC.

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### TLSO CARE SHEET

#### WEARING

- It is IMPORTANT to slowly wean into the orthosis, start wearing it gradually by increasing wearing time by 30 minutes every time the AFOs are reapplied.
- Once the orthosis is tolerated for a long enough period, it can be worn all day without concerns, as specified by the prescribing doctor and orthotic specialist.
- If there are any prolong periods when the device is not worn, restart the gradual weaning schedule to insure tolerance is built up again.
  
- There should be no pain resulting from the orthosis, and any discomfort should dissipate within two weeks of full time wearing.
- If discomfort persists, an adjustment may be necessary. PLEASE CALL to make an appointment.
- If there are any red markings over bony prominences when you doff the device;
  - Wait till the markings disappear.
  - Reapply the orthosis, making sure it has been done according to below and the ankle in the correct position.
  - Be sure to check the areas for red mark in the future.
- If the redness remains and does not disappear within 30 - 40 minutes, an adjustment may be necessary. Please call to make an appointment

#### DONNING

- A clean snug wrinkle free cotton undershirt must be worn under your orthosis to reduce friction, making application of the orthosis easier. It will also assist in reducing the effects of perspiration.
- Pull shirt over the edge of the brace to reduce rubbing and increase comfort.
- Lie in corrected supine position with the orthosis underneath.
- Fasten the straps so the device fits snug.

#### CLEANING THE ORTHOSIS:

- To clean the inside of your orthosis, wipe using a damp wash cloth.
- Rubbing alcohol has proven to work best.
- Clean at least once a day every day.
- Dry well before re-applying.