

PROVIDENCE SCOLIOSIS ORTHOSIS GUIDE

You have received a Providence Scoliosis Orthosis from Orthotic & Prosthetic Specialties, Inc. Your orthosis is a specialized device, and its use may require specialized instructions. These may come from your Orthotist, Therapist, or Nurse as directed by your Physician. Your Physician determines the medical need and wearing schedule for your orthosis, which in turn determine your individualized instructions. Following are general guidelines for wearing and caring for your TLSO. Your doctor may alter or supersede any of them, and you should follow his/her directions carefully.

Always wear a clean t-shirt under the orthosis. It should be long enough to extend below the bottom of the orthosis. The shirt should be slim fitting and not baggy, since large shirts that wrinkle may cause skin problems due to the pressure inside the orthosis. Some patient's skin is also sensitive to strong dyes present either in the shirt coloring or lettering. If this becomes a problem, simply switch to an all white t-shirt.

You should don (put on) and doff (take off) your orthosis while lying down in bed. Keep the orthosis tight on your body to prevent shifting. The break in period for this orthosis is usually one week. For the first few nights you will probably only sleep a few hours in the orthosis before waking. When you wake up, remove the orthosis and sleep the rest of the night without it on. Repeat this procedure each night, and you will find that you will sleep a longer time in the orthosis each night. If it takes longer than 2 weeks for you to sleep all night in the orthosis, please contact this office.

Your orthosis may fit correctly and still feel uncomfortable at first. You may also experience some discomfort in other parts of your body in reaction to the support or immobilization the orthosis is providing. If these conditions are severe or persist, contact your Orthotist.

Redness of the skin may develop under pressure areas of a new orthosis. Redness should lessen greatly or disappear in 10 to 30 minutes after the orthosis is removed, and as your tolerance increases, these areas may cease to occur at all. If the redness does not disappear or if your skin becomes sore or irritated, contact your Orthotist. Examine your skin frequently, at least two times a day.

Your orthosis may accumulate and absorb dirt and perspiration, and can be wiped out with a damp cloth, mild soap, or rubbing alcohol. Make sure no soap residue remains, and allow the orthosis to dry at room temperature or in front of a fan. Do not dry your orthosis with a hair dryer or place on or near a heater. Very warm conditions, such as the trunk of a car, can deform the orthosis.

Please call Orthotic & Prosthetic Specialties, Inc. at 531-2773 if you notice signs of excessive wear anywhere on your orthosis, if any fasteners are not secure, or if you are having other difficulties or have questions about your orthosis. Do not attempt to adjust or repair your orthosis yourself. We will make every attempt to resolve any problem or answer any question as soon as possible.