



## Spinal Orthosis Care Guide

### Personal Hygiene Is Important

Skin in contact with your spinal orthosis should be washed thoroughly and monitored on a daily basis. After cleansing and rinsing, skin should be dried completely before the spinal orthosis is put on. It is usually advisable to wear a cotton tee shirt or other suitable undergarment, changed daily, to avoid direct contact between the spinal orthosis and skin.

An orthosis that fits properly shouldn't irritate the skin. Patients may experience some initial discomfort until they become conditioned to wearing a spinal orthosis. Any rash sore, blister, or excessive rubbing should be reported promptly to the orthotist.

### Care of the spinal orthosis

If a spinal orthosis is to function properly, it must be maintained. All parts should be kept in good condition and the orthotist notified if a part needs replacement or alteration.

Specific instructions will be provided for the cleaning of the spinal orthosis according to the material or the combination of materials used to fabricate it. In general, however, cloth garments should be hand-washed regularly (after removing steel stays) in warm water and mild soap, and then thoroughly rinsed. Plastic orthoses should be cleaned frequently with either alcohol or mild soap and water. A plastic orthosis shouldn't be soaked in water. Both cloth and plastic orthoses should be allowed to air dry, and neither should ever be placed in a clothes dryer or in front of a heater as damage could result.

### Scheduled visits

It is important to maintain the schedule of appointments so the physician, orthotist, and patient are all assured that the spinal orthosis is offering maximum support, comfort, and assistance.