

# Bi-Valve TLSO

## Patient Information Guide

You have been fitted with a bi-valve TLSO. Your bi-valve TLSO acts as support for your spine and the correct fitting is important for your recovery.



## How to use your brace

Step-by-step guide to putting the bi-valve TLSO on correctly. You will need at least one person to assist.

1. Roll onto your side keeping your back straight.
2. Place the back section of the TLSO centrally on your back.
3. Return to lying flat on your back.
4. Make sure the brace is positioned evenly over the hips.
5. Place the front section over your body, overlapping the back.
6. Fasten the straps to equal lengths on either side, starting with the middle strap.



## Hygiene

- You must wear your brace at all times, or as advised by your doctor.
- If wearing the brace in the shower, make sure to dry it before wearing.
  - You need to lie down to take it off for drying
- To clean the brace, wipe it down with soapy water or disinfectant wipes,
- We recommend wearing a cotton t-shirt or singlet underneath the TLSO brace.

## Checking your skin

- Your skin needs to be checked daily for skin irritation, broken skin or reddened areas.
- Contact your orthotist immediately with any skin issues.

## Things to remember

- Your brace does not need to be worn for extended periods in bed, unless advised by a doctor
- Things to avoid:
  - Lifting objects heavier than 2-3kg
  - Sitting in low or deep couches
  - Adding un-prescribed bandages or dressings
  - Exercise or sport
  - Driving a motor vehicle, unless advised by a doctor.

## Issues

- Please contact the RBWH Orthotic and Prosthetic Department if your brace is:
  - Broken or worn out
  - Causing discomfort or skin irritation
- Do not adjust your brace

## Contact Details

Orthotics and Prosthetic Department  
Level 2, Dr James Mayne Building  
Royal Brisbane and Women's Hospital  
Butterfield St, HERSTON QLD 4029  
Ph: (07) 3646 8365  
Fax: (07) 3646 3500