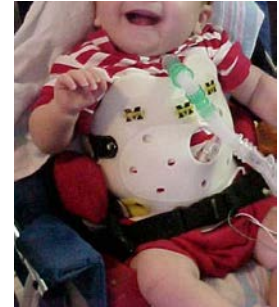


# TLSO - Pediatric

## What is a TLSO?

Following spinal surgery or injury to your child's back, they will wear a TLSO (Thoraco - Lumbo - Sacral - Orthosis)

The TLSO is a plastic brace with a soft padded liner. There is a front piece and a back piece which are connected with Velcro straps on the sides.



The TLSO helps to immobilize the spine during the healing process. The average length of time required to wear a TLSO is 10 - 12 weeks. It may be longer or shorter depending on the rate of healing or as determined by your child's doctor.

## How do I put my child's TLSO on?

Your child must put the TLSO on while laying down.

1. Put on a clean, dry T-shirt.
2. Identify the back half of the TLSO. Identify the waist indentations.



Front

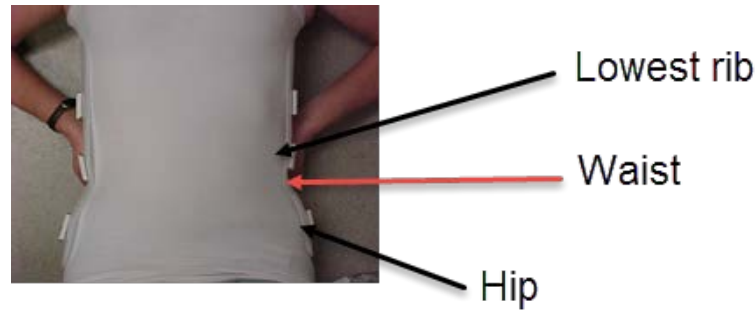
Waist indentation



Back

3. Log roll your child to the side. Feel for the space between the hip and lowest rib. Position the waist indentation in this space.

4. Slide the edge of the TLSO under your child's body.
5. Roll your child back into the TLSO. Be sure both waist indentations line up in between the hip (iliac crest) and the lowest rib.



6. Lay the front of the TLSO so the front overlaps the back.
7. Fasten the straps snugly.

- Start with the middle straps.
- Next, fasten the top and bottom straps.
- After fastening the top and bottom straps, the middle straps may have worked loose. Retighten the middle strap.



If the straps are loose, the TLSO may shift out of place and ride up.

### **What do I do if the TLSO rides up?**

If the TLSO shifts upwards toward your child's chin, you must re-position the TLSO.

- Have your child lay down. Remove the front of their TLSO.
- Roll to the side. Slide the back of the TLSO down so that the waist indentations line up between the hip and rib.
- Roll your child onto their back and continue with the steps listed above.

### **How should I clean the TLSO?**

Clean the TLSO once per day with soap and water. Once a week, disinfect the TLSO with rubbing alcohol. Allow the TLSO to dry completely before reapplying.

## **How should my child bathe?**

Your child may not shower or take a bath unless approved by their doctor.

- If they are not allowed to shower, they must sponge bathe while lying flat.
- If your child is allowed to shower, they must always shower with the TLSO **on** until instructed by the doctor that it is OK to shower without the TLSO.

Follow these steps to bathe with the TLSO on:

1. Have your child lay down.
2. Remove the TLSO. Remove their T-shirt
3. Put the TLSO on directly against your child's skin.
4. Do not loosen the TLSO. Allow water and soap to run inside the TLSO.
5. Following the bath/shower, lie down and remove the TLSO.
6. Dry your child's skin and the TLSO. Use a hair dryer on a cool setting to dry the straps.

## **How should I care for my child's skin?**

- You must keep your child's skin clean and dry.
- Avoid lotions, creams and powders under the TLSO.
- Check your child's skin frequently for areas of redness or irritation.
- If they have a painful or red area, it may be due to improper positioning of the TLSO. Reapply the TLSO and observe the skin again in 1-2 hours. If the painful area does not resolve, your child's TLSO may need to be adjusted.
- If your child has an open area from pressure or any irritation from the TLSO on the incision, contact their doctor as well as their orthotist.

## **What clothing should my child wear?**

- Always wear a clean, dry T-shirt or undershirt under the TLSO. There must always be a barrier between their skin and the TLSO (except when showering).
- It may be necessary to change the T-shirt throughout the course of the day.

- Put underwear over the TLSO so your child does not need to remove the TLSO to use the bathroom.
- Wear loose-waisted pants / shorts and oversized shirts over the TLSO.

## What are my child's activity instructions?

1. **Bikes:** Do not let your child ride a bike or any wheeled vehicle or toy. Balance is difficult and they are at risk of falling.
2. **Sleeping:** The doctor will determine whether your child needs to wear the TLSO at night. If they sleep in the TLSO, you must check your child's skin in the morning.
3. **Getting up:** You must put your child's TLSO on while they are lying down. To sit up, help them to roll onto the side at the edge of the bed, drop their legs off the edge, and push with their elbow and hand at the same time.



## What if I have a problem or question about my child's TLSO?

Contact the University of Michigan Orthotics & Prosthetics Center at 734-973-2400 (outpatient office) or 734-936-7043 (hospital office).

If your child experiences any changes in general health, please contact their doctor.

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