FURTHER NOTES

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Comments, Compliments or Complaints

The Patient Relations/Patient Advice and Liaison Service (PALS) Department provides confidential on the spot advice, information and support to patients, relatives, friends, and carers.

Contact Us

Tel: 01942 822376 (Monday to Friday 9am until 4pm)

The Patient Relations/PALS Manager Wrightington, Wigan and Leigh Teaching Hospitals NHS Foundation Trust, Royal Albert Edward Infirmary Wigan Lane Wigan WN1 2NN

Ask 3 Questions

Become more involved in decisions about your healthcare. You may be asked to make choices about your treatment. To begin with, try to make sure you get the answers to three key questions:

- 1. What are my options?
- 2. What are the positives and negatives of each option for me?
- 3. How do I get support to help me make a decision that is right for me?

How We Use Your Information

For details on how we collect, use, and store the information we hold about you, please see patient information leaflet, Ref. Corp 006 How we use your information, this can be found on the Patient Information Leaflets page on the Trust website, see details on the front cover.

This leaflet is also available in audio, large print, braille, and other languages upon request.

For more information please ask in the department/ward.

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NHS Foundation Trust

A Guide to your Thoracic Lumbar Sacral Orthosis (TLSO)

Patient Information

The Patient Information Leaflets page on the Trust website is available on the link: https://www.wwl.nhs.uk/patient-informationleaflets or scan the QR code.



Author ID: AB Leaflet Ref: CM 316

Version: Leaflet title: TLSO Date Produced: June 2023 Expiry Date: June 2025



Introduction

You have been fitted with a TLSO, which will meet your individual needs.

TLSO's can be complex devices so their designs vary to suit each individual and injury types.

What are TLSO's prescribed for?

TLSOs are provided for lots of different reasons, including:

- To help stabilise fractures caused by trauma or osteoporosis.
- To reduce pain.
- To reduce movement after surgery.

The TLSO will reduce your forward and backwards movement and remind you to limit your sideways movement.

When should my TLSO be worn?

If your spinal orthosis has been supplied to you as a direct result of a recent spinal injury, then you should have been given an indication of HOW LONG FOR and WHEN you should wear the brace. This information should be given to you by a doctor or consultant. It depends on the type of injury to your spine and will be confirmed by X-rays or scans.

Please make sure that you are aware of this

Please make sure that you are aware of this information.

Putting your brace on and taking it off

In lying
In sitting \square
You must wear your brace whilst;

Standing	
Walking	
Sitting in	a chair

Sleeping

For washing you can;

Shower		 	
Strip wash		 	

Skin care

It is advised to wear a layer of clothing between your skin and the device. A single layer of thin cotton clothing is recommended as this will help to wick away moisture from your skin. This will help to keep the skin and the device hygienic and minimize heat build-up.

Care of the TLSO

You can clean your spinal orthosis with a damp cloth and dry with a towel. Do not dry over sources of heat as this may deform the plastic. Check the device material regularly for any cracks or signs of wear and tear.

CONTACT DETAILS

Orthotics Department at one of the 3 sites:

Chandler House Health Centre:

0300 7071229

Wrightington Hospital: 0330 707 6220

Leigh Hospital: 0330 707 4055