



O & P IN MOTION, Inc.

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## **ORTEN CAD CAM TLSO CARE**

**Your Cad Cam Orten TLSO was prescribed by your doctor to prevent further deformities of your spine.**

### **1.) Receiving your brace:**

- A. When you received your brace you should start wearing it 2 hours on the first day and increase 1 hour each day until you are wearing it full time or the amount of hours your physician is requiring you to wear the brace.

### **2.) Removing your brace:**

- A. After removing your brace you should check for redness. If the redness goes away after 30 minutes it's okay, however, if any longer you should give us a call to schedule an appointment so that we may adjust your brace.
  - Please keep in mind that you will have some redness where the pads are.

### **3.) How to apply and wear the brace:**

- A. Apply a snug fit T-shirt or tank top to smooth out wrinkles.
- B. Apply your back brace and fasten the strap starting from the middle then, the bottom and then the top strap.
- C. Tighten the straps about 1 to 2 inches away from the mark indicated on the strap.
  - That mark will be your goal line to reach within 1 to 2 weeks after you receive the brace.
- D. Make sure that you reach the mark indicated from the straps, if you are not able to reach the marks on the straps you can make it looser 1 inch to 2 inches depending on your tolerance.

**\*Just remember the tighter the brace is the more effective correction you will get and have better results\***

4.) **Eating with your brace:**

- A. You can also loosen the brace up for meals until you finish digesting (about 2 hours) and make sure that you retighten the brace to the marks on the straps.
- Do not remove your brace when eating.

5.) **Using the restroom:**

- A. When you are using the restroom you can loosen the brace. When you are done you must retighten the brace again.
- Do not remove your brace

6.) **Skin Care:**

- A. You can apply corn starch (mild amount) on your skin. To help keep your skin dry.
- B. Do not use
- Baby powder
    1. Due to the contents in the baby powder it will cause skin irritation.
  - Body lotion
    1. If you use body lotion that will close the pores and create skin irritation.

**\* Remember keep your skin clean at all times. If needed clean daily \***

7.) **Brace Care:**

- A. Applying rubbing alcohol once a day to your brace to keep it clean.
- B. And/or using a wash cloth with mild soap to the brace.

8.) **Follow up with your doctor:**

- A. After you received your brace you should call your doctor and make a follow up appointment between 3 to 4 weeks.
- 1 week prior to seeing your doctor you must be wearing the brace full time.

*I understand and have been given a copy of these instructions.*

\_\_\_\_\_  
Patient's Name

\_\_\_\_\_  
Signature of patient/parent/legal guardian

\_\_\_\_\_  
Date

**\* If you have any question or concerns please call our office at 818-881-1785 \***