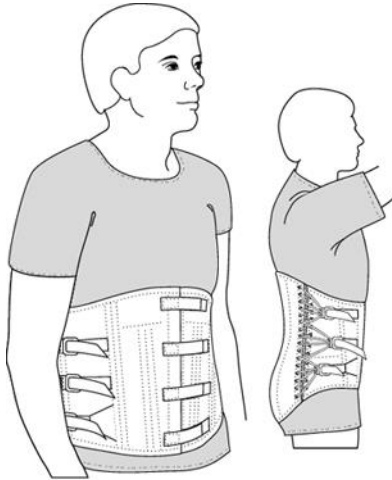


## Using Your Corset LSO at Home

### Purpose

Your corset LSO (lumbo-sacral orthosis) helps to control your spinal posture, reduce pain, prevent further injury and promote healing.



### Wearing Your Corset LSO

Your corset LSO prevents harmful motion in your back. It should be uncomfortable when you begin moving into positions you should avoid. You should be able to do many normal activities by yourself or with a little help from caregivers or an assistive device. Ask your doctor for detailed guidelines to follow.

### Your Trip Home

Arrange for someone to drive you until you are used to the constrained motion in your corset LSO. Firm seats are best so the back bottom edge of your corset LSO is not pushed upward by seat cushions. Bend at your hips and knees, but not your back when getting into and out of a car, sitting or standing.

### Taking off Your Corset LSO

You must wear your corset LSO as ordered by your doctor. You may find it helpful to loosen the binding along both sides before opening the front of your corset LSO. Be careful not to twist or bend your back while the corset LSO is off.

### Putting on Your Corset LSO

Put on your corset LSO without twisting or bending your back. For correct fit:

1. Keep corset in place and open the corset to its widest point.
2. Loosen the side laces that are controlled by the straps.
3. While lying on your bed, roll onto the open corset.
4. Draw both sides around you and close the front (velcro or zipper).
5. Use the straps along both sides to evenly pull the lacings snug. The corset must be snug to give you good support. If it is too loose it will “ride up.”

### Bathing

If your doctor has told you to wear your corset LSO at all times when standing or sitting, have sponge baths while lying on your bed. Be careful not to twist or bend your back while the corset LSO is off. Be sure your skin is all dry before wearing the corset LSO again.

If your doctor allows you to shower without the corset LSO, remove it just before starting the water and put it on again as soon as you dry off. While the corset LSO is off, be careful not to twist or bend your back. Put the corset LSO on before sitting or standing.

## **Sleeping**

Your doctor will tell you if you should wear your corset LSO while sleeping or lying down. Your doctor may change these instructions over the course of your treatment.

## **Cleaning Your Corset LSO**

To reduce the need for cleaning your corset LSO, wear a clean cotton t-shirt under your corset LSO to absorb any sweat or body oils from your skin. To hand wash your corset LSO, first remove the two metal stays from the back. Do not wash your corset LSO in a washing machine. Air dry your corset or use a very low heat setting on your dryer. The hook fastener areas will hold best if all the lint is removed.

## **How long do I need to wear the corset LSO?**

Your doctor will decide how long you need to wear your corset LSO. Follow your doctor's advice, even if you feel better and would like to stop wearing it sooner. Your doctor will check your progress and will decide what is in your best long-term interest.

## **When to Call**

- More numbness
- Tingling
- Pain
- Less able to move or do everyday activities

## **Who to Call**

Patients of the Neurosurgery Clinic:  
**(608) 263-1410**

Patients of the Orthopedic Rehabilitation Spine Clinic: **(608) 265-3207**

After hours, this will give you the paging operator. Ask for the resident on call for your clinic. Leave your name and phone number with the area code. The doctor will call you back. The toll-free number is: **1-800-323-8942.**

If you are a patient receiving care at UnityPoint – Meriter, Swedish American or a health system outside of UW Health, please use the phone numbers provided in your discharge instructions for any questions or concerns.

Your health care team may have given you this information as part of your care. If so, please use it and call if you have any questions. If this information was not given to you as part of your care, please check with your doctor. This is not medical advice. This is not to be used for diagnosis or treatment of any medical condition. Because each person's health needs are different, you should talk with your doctor or others on your health care team when using this information. If you have an emergency, please call 911. Copyright © 5/2023 University of Wisconsin Hospitals and Clinics Authority. All rights reserved. Produced by the Department of Nursing HF#5395.