

**Using Your Corset LSO at Home Trauma**

**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 movement in your back that could be harmful to your injury. While wearing your Corset LSO, you should be able to do many normal activities by yourself or with a little help from caregivers or an assistive device. Ask your care team for detailed guidelines you should follow.

**Planning for Your Trip Home**

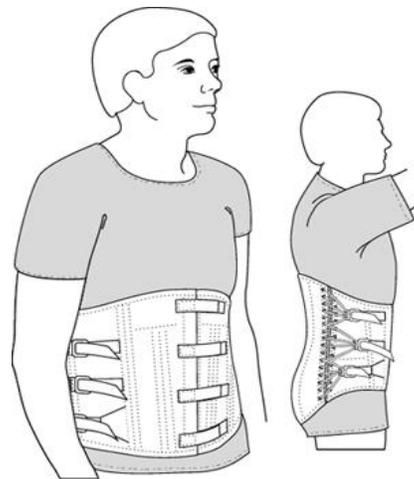
Arrange for someone to drive you until you feel comfortable and are used to the constrained movement in your Corset LSO. Please do not drive while taking oral pain medicines. Firm seats are best so the back-bottom edge of your Corset LSO is not pushed upward by seat cushions. Bend at your hips and knees, but not your back when getting into and out of a car, sitting or standing.

**Putting on Your Corset LSO**

Put on your Corset LSO without twisting or bending your back. Loosen the side laces that are controlled by the straps. While lying on your bed, roll onto the open corset. Draw both sides around you and close the front (velcro or zipper). 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.”

**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. Do not twist or bend your back while the Corset LSO is off.



**Showering/Bathing**

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

If your care team 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 in the Corset LSO**

Your care team will tell you if you should wear your Corset LSO while sleeping or lying down. Any changes in your condition may result in your doctor changing 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. If your Corset LSO gets dirty it must be hand washed. To do this, first remove the two metal stays from the back. We do not advise machine washing your Corset LSO. Air dry your corset or use a very low heat setting on your dryer. The hook fastener areas will hold best if all lint is removed.

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

Your care team will decide how long you need to wear your Corset LSO. Be sure to follow your care team's advice, even if you feel better and would like to stop wearing it sooner.

### **What should I do if my neurological symptoms get worse?**

If you have more numbness, tingling, pain or weakness with everyday activities, call the number below.

### **Call 911 if you experience sudden onset of weakness or loss of bowel or bladder control.**

Patients of the Neurosurgery Clinic:  
**(608) 263-7502**

Patients of the Orthopedic Rehabilitation Spine Clinic: **(608) 440-6440**

After hours, nights, weekends, and holidays, 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.

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 © 7/2019 University of Wisconsin Hospitals and Clinics Authority. All rights reserved. Produced by the Department of Nursing. HF#6828