

**COMPRESSION FRACTURE BRACE INSTRUCTIONS**

Thoraco-Lumbo-Sacral Orthosis

1. Brace: Wear your brace  
\_\_\_ at all times except to shower.  
  
\_\_\_ whenever you are not in bed. The brace must be on before you get out of bed. If you have a fracture, you must wear the brace at **all times** until advised otherwise by your physician.  
  
\_\_\_ You may shower with the brace, then lie down and remove the brace and bathe the portion of your body under the brace with a towel.  
  
\_\_\_ Wear your brace 23 ½ hour per day. You may remove the brace for short periods of time to “air out” when you are lying flat in bed or reclined in a recliner.  
  
\_\_\_ Keep the hinge of your brace locked at all times except when you are sitting on commode. You may lay down, stand, walk, go up and down stairs, and lean on a high stool.
2. **No smoking/chewing tobacco or any products containing nicotine including vaping!**  
These products drastically decrease the change of proper healing and can intensify pain.
3. **No bending, twisting, or stooping until advised differently by your physician. Turn your complete body when turning.** Roll like a log when turning in bed. No sitting in cars or chairs for long periods of time.
4. **No lifting greater than 15 pounds.** Two gallons of milk is 15 pounds, so do not lift over this amount/size.
5. Do not take any type of anti-inflammatory medication for 10 weeks or until advised differently by your physician. (i.e., **Aspirin, Motrin, Aleve, Advil, Ibuprofen, Indocin, etc.**). These medications inhibit the development of bony healing. **Extra-Strength Tylenol is Okay and your dismissal pain medications given to you.**
6. DO walk as much as possible. Stairs are good for you, but take it slow and use the handrail. You may also use a treadmill. No running. If you were discharged using a walker and/or cane, you may stop using these assistive devices once you feel safe and comfortable.
7. Check incision twice a day for the following: Green/yellow discharge, Increased redness and/or tenderness at incision site Opening of the incision flu-like symptoms Temperature above 101.5 \*if any of the above should occur, please contact your doctor\*

8. No driving a car until able to stop in an emergency or move quickly without causing increased pain.
9. You may shower once your port sites are no longer draining.
10. If you have stitches these will be removed need to have your stitches removed in 2- 2 ½ weeks by your physician.
11. No hot tubs, swimming pools, tub baths, or lake water until port sites are completely healed.
12. Call **208.732.0067** to make/ confirm an appointment with Dr. Christensen's office for approximately 1 week after your surgery date, or if there are any questions/concerns. On weekends and evenings, call Cassia Regional Hospital at 208.677.4444 or Madison Memorial Hospital at 208.359.6900 and ask for Dr. Christensen to be paged.

**I HAVE RECEIVED AND UNDERSTAND THESE INSTRUCTIONS**

**Patient Signature:** \_\_\_\_\_

**Date:** \_\_\_\_\_

**Instructed by:** \_\_\_\_\_

**Date:** \_\_\_\_\_