



Wear and Care Instructions for the Sleeq AP LSO



Use your phone's camera to scan this QR code and follow along with the video

Putting on the Brace

► Follow along with the video for best results

1. Before putting on this brace you need to put on a shirt. This brace should never be worn against your skin.
2. Put on the brace by opening the side panels and positioning the back panel centered on your back.
3. Wrap the side panels around your waist.
4. Use the pull tabs by pulling them out to the left and right sides to tighten the brace until comfortable. Then re-stick the tabs back to the brace.

Removing the Brace

Unstick the velcro pull tabs and reattach them near the back of the brace. Then open the side panels and remove the brace. Now that the brace is off, pull the side panels away from each other. This will cause the strings connected to the pull tabs to retract, helping extend the life of the brace.

HELPFUL TIP - Check your skin every day. If your skin stays red for more than 15 minutes after you take off your brace it could mean the brace is applying too much pressure. If the redness doesn't go away within 15 minutes or if you feel soreness, take a picture of the redness and contact our office right away. You may need to stop wearing the brace.

Cleaning Instructions

If the brace gets dirty you can clean it with soap and warm water. The brace must be fully dry before you put it on again. Do not use bleach or other harsh chemicals to clean the brace.

Wearing Schedule

In general you should wear this brace during waking hours when you are out of bed. Typically, you will not sleep with this brace on. Ask your practitioner or doctor what your wear time should be based on your diagnosis.