

## Getting ready for your back brace after scoliosis surgery

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After your surgery, you will get a custom-made brace to protect your back and ribs as they heal. This brace is called a TLSO (Thoracolumbosacral orthosis).

- You will likely wear your back brace for 6 months after the surgery.
- The brace is made of plastic and has straps on the front.
- Wearing a snug t-shirt or undershirt under the brace makes it more comfortable and protects your skin.
- You may be able to take the brace off for sleeping and washing.
- The brace will cost between \$800 and \$3200. If you are eligible, the Assistive Devices Program (Ministry of Health) may pay 75% of the cost. If you have insurance or are receiving social assistance through the Ontario government, the cost may be partially covered as well.

### Before your surgery

- Call our Prosthetics and Orthotics team at 905-521-2607.
- Ask for a 30-minute **Pre-Op TLSO Measurement** appointment in Prosthetics and Orthotics Department at the Ron Joyce Children's Health Centre. A map and directions is on the back of this page.
- When you come to this appointment, you may talk to the financial clerk about paying for your brace.

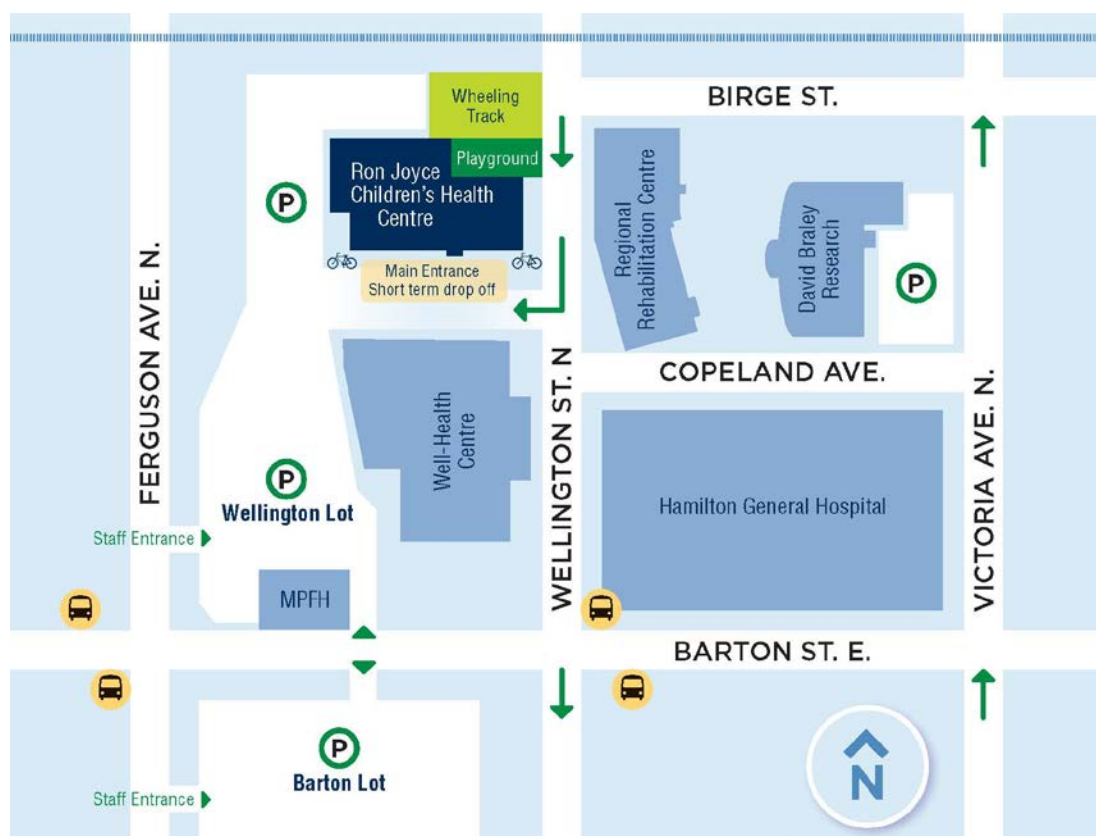
### After your surgery

- An orthotist will come to the hospital and do a computer scan of your body.
- After 3 to 6 days, the orthotist will come back with the brace to try it on.
- Your orthopedic doctor will tell you when you are ready to go home.
- You may have your brace by the time you go home.

**If you have any questions about your back brace, please call 905-521-2607 and ask to speak to an orthotist who makes TLSOs.**

**Map and directions to the Ron Joyce Children's Health Centre**

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### Driving Directions:

#### From Toronto

1. Take QEW to Highway 403 West (to Hamilton) and take the Main Street East exit.
2. Continue on Main Street to Victoria Avenue for 2.8 km.
3. Turn left on Victoria Avenue.
4. Continue on Victoria Avenue for 1.3 km and turn left at Birge Street.
5. Turn left onto Wellington Street.
6. The Ron Joyce Children's Health Centre is on the right.

#### From Niagara Region

1. Take the QEW towards Hamilton.
2. Take the Nicola Tesla Boulevard exit (exit 90) (formerly Burlington Street East).
3. Continue on Nicola Tesla Boulevard for 6.9 km.
4. Turn left onto Wellington Street North for 1 km.
5. The Ron Joyce Children's Health Centre is on the right.

#### From the Hamilton Mountain

1. Take the Clairmount Access straight onto Victoria Avenue.
2. Continue on Victoria Avenue, past Barton Street.
3. Turn left onto Birge Street.
4. Turn left onto Wellington Street.
5. The Ron Joyce Children's Health Centre is on the right.

### HSR Bus Transit:

#### From Toronto

- Traveling from the west – Take the # 2 Barton bus traveling east. Exit at the Barton and Ferguson stop.
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#### Visitor Parking: (rates may change)

##### Wellington Lot

- For short term drop off and pick up, of less than 20 minutes, enter off of Wellington Street. No cost.
- For long term parking, enter off of either Wellington Street or from the north side of Barton Street. Daily maximum \$20. For long-term parking rate options ask at check in or contact the Parking Office 905-521-2100 ext. 44061.

##### Barton Street Lot

- Long term parking, enter off Barton Street from the south side. Daily flat rate \$6.

### Parking Pay Station:

- Remember to take your parking ticket with you. The parking pay station is inside the main entrance of the Ron Joyce Children's Health Centre.
- You may also pay with a credit card at the gate when exiting.