

About corsets (spinal supports)

Surgical Appliance Department
Tel: 01271 322492

Other formats

If you need this information in another format such as audio CD, Braille, large print, high contrast, British Sign Language or translated into another language please contact the PALS desk on 01271 314090 or at ndht.pals@nhs.net.

Why are corsets needed?

Corsets (spinal supports) are given to patients, who are troubled with back pain, in an attempt to immobilise the back and relieve the pain. Unless told otherwise, you should only wear the corset when you are in pain, or if you are about to do an activity that could put your back at risk; for example gardening, long car journeys or lifting heavy objects.

How do I wear the corset?

Make sure the two back steels or the spinal frame are central to your spine. Make sure all fastening straps or laces are done up tightly so that you get the maximum support. Make sure you have fitted the corset the correct way up, as the steels will have been set to the shape of your back.

What if I am uncomfortable?

If you are finding your corset uncomfortable, please contact the Surgical Appliance/Orthotic Department on 01271 322492. We will then give you an appointment to see the Surgical Appliance Officer, who should be able to sort out your problem or get the corset adjusted.

How do I clean the corset?

Washing by hand using warm water and soapflakes will make your corset last longer. Stains can be rubbed lightly with a nail brush or similar. Rinse thoroughly in tepid water.

If care is taken, a washing machine can be used. Place the corset in a laundry bag or pillowcase and wash on the coolest wash available or the wool program. **Washing the corset in hot water will cause severe shrinkage.**

It is best not to try to spin dry the corset as it will lose its shape. Wrap it in a towel to absorb moisture and then dry naturally. To avoid the garment wrinkling and becoming tight over the bone casings, stretch it gently before the belt is dried, pulling at the top and bottom of each casing.

Do not tumble dry or dry on direct heat such as a radiator as this can affect the elastic inserts and could cause shrinkage. **Remember** careful laundering of your corset will prolong its life.

What if my belt needs repairing?

When your corset needs repairing, please launder it and bring it into the Appliance/Orthotic Department. There is no charge for repairs.

If your original corset is comfortable, then contact the Surgical Appliance/Orthotic Department and they will order you another one. There will be a prescription charge to pay unless you are exempt for any reason.

A second corset can be supplied for laundering purposes.

Further information

If you have any questions or problems with your corset, please contact the Surgical Appliance Officer, North Devon District Hospital.
Telephone: **01271 322492**.

PALS

The Patient Advice and Liaison Service (PALS) ensures that the NHS listens to patients, relatives, carers and friends, answers questions and resolves concerns as quickly as possible. If you have a query or concern call 01271 314090 or email ndht.pals@nhs.net. You can also visit the PALS and Information Centre in person at North Devon District Hospital, Barnstaple.

Have your say

Northern Devon Healthcare NHS Trust aims to provide high quality services. However, please tell us when something could be improved. If you have a comment or compliment about a service or treatment, please raise your comments with a member of staff or the PALS team in the first instance.

'Care Opinion' comments forms are on all wards or online at www.careopinion.org.uk.

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