

You and your splint

Therapy Department

Patient Information Leaflet

Introduction

The instructions in this leaflet are about using your splint and how to care for it. Please read it and if you have any questions about how to put it on and take it off, how it fits and how long you should wear it for, please contact the Hand Therapy Team on:

01384 456111 ext. 2430 (9am to 5pm, Monday to Friday)

Purpose of splint
Wearing times

How do I put my splint on?

- Lay your arm and/or hand comfortably in the splint.
- Fasten the straps so that they fit securely.

How do I take the splint off?

To take the splint off, you only need to release one side of the straps.

After you remove the splint, you may experience some temporary stiffness. If you exercise your hand and wrist as your therapist has shown you, this should lessen this stiffness.

How do I care for my splint?

- You can clean your splint with soap and warm water.
- Do not leave your splint near heat such as direct sun or a radiator as the plastic will soften and the splint will lose its shape. Hot water will also cause this.
- Do not alter your splint in any way.

Important notes

Please contact the Hand Therapy Team immediately if your splint causes any of the following:

- A noticeable increase in swelling or stiffness.
- Pain or discomfort.
- A skin rash on areas in direct contact with the splint.
- Red areas on the skin where the splint may be rubbing.

If you have lost normal feeling in your hand, it is important that you check your skin regularly to make sure that the splint is not rubbing or irritating without you being aware.

Do not:

- **Wear your splint while driving or operating machinery.**
- **Wear the splint longer than advised without first discussing this with your hand therapist.**

If you have any questions, any problems with the splint or if there is anything you do not understand about this leaflet, please contact:

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Occupational therapist, Hand Therapy Team on 01384 456111 ext. 2430 (9am to 5pm, Monday to Friday)

This leaflet can be downloaded or printed from:

<http://dudleygroup.nhs.uk/services-and-wards/occupational-therapy/>

If you would like this information in an alternative language or format, for example in large print or easy read, please call us on 0800 073 0510 or email dgft.pals@nhs.net or write to Patient Advice and Liaison Service.