



## **SPLINT WEAR & CARE**

The splint prescribed by your doctor was custom fitted for you and it is an important part of your treatment. Please read the information carefully and follow the instructions given to you by your therapist. If you have any problems concerning your splint, please contact your therapist.

### **PROBLEMS TO WATCH FOR**

Should the following occur, contact your therapist as soon as possible:

1. Red or irritated skin areas
2. Increase of swelling, stiffness or numbness
3. Increase in pain or feelings of burning or pins and needles

### **PRECAUTIONS**

- Do not expose your splint to open flames. Splinting materials are flammable.
- Your splint will lose its shape if exposed to heat sources such as radiators, fireplaces, stoves, direct sunlight, i.e. car dashboards.
- Hot water must be avoided when cleaning the splint.
- Never add any padding material, or attempt in any way to make splint adjustments at home.
- Never wear your splint while operating machinery or driving a car.
- Keep your splint away from pets and young children as they like to chew on them.

### **CLEANING YOUR SPLINT**

- Your splint may be cleaned with mild dishwashing soap and lukewarm water regularly, once a day. The straps can be washed as well. Rinse the splint and dry thoroughly before reapplying.
- Please use stockinette on the skin to absorb perspiration. Change at least once a day.

### **WHEN SHOULD YOU WEAR YOUR SPLINT?**

- Nights and rest periods only
- All the time except for washing and exercise
- Daytime for \_\_\_\_ hrs. \_\_\_\_ mins. at a time for \_\_\_\_ times a day.
- Other \_\_\_\_\_