

How to Wear and Care for Your Splint

This splint was custom made for you to protect your joint and bones while you heal. Follow the directions below to learn how to wear and care for your splint.

When to wear your splint (follow the direction that is checked)

- Always wear your splint. Removing the splint may cause damage to your injured area. As you heal, your doctor may give you different directions.
- Wear your splint except to exercise and bathe.
- Wear your splint at night and during rest periods only.
- Wear your splint during the daytime only.

Precautions

- Keep the splint away from open flames because it will burn.
- Keep the splint away from heat, water heaters, or prolonged sunlight such as in a hot closed car. Excessive heat will cause the splint to change shape.
- Put your hand and forearm up on pillows or a wedge while in bed or when sitting.
- If your splint causes any of these problems, remove it and call your therapist right away:
 - ▶ Pressure area such as sores or red marks that do not go away within one hour after removing the splint
 - ▶ Increased swelling
 - ▶ Excessive stiffness, pain or numbness
 - ▶ Blisters

How to clean your splint

If you are able to take your splint off for a period of time, this is a good time to clean it.

- Clean the splint with soap and warm water and scrub it with a small brush.
- Rub the inside of the splint with alcohol to reduce odor.
- Hand wash the Velcro straps and stockinet with warm, soapy water and then air dry.

Talk to your doctor, nurse or therapist if you have any questions or concerns.