

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.

Sidee loo xidhaa oo loo dhawraa taageerada kabniinkaaga

Taageerada kabniinkaagu waa mid adiga lagu sameeyey si uu u ilaaliyo in lafahaaga iyo xubnahaagu si fiican isu qabsadaan inta ay xidhan yihiin. Waa inaad raacdaa talooyinka hoos ku qoran oo barataa sida loo xidho ee loo dhawro kabniinkaaga.

Markaad xidhan tahay taageerada kabniinka (raaca talooyinka calaamadsan)

- Had iyo jeer xidho kabniinka. Taageerada kabniinka oo aad iska furtid waxa laga yaabaa inuu nabarka sii dhaawaco. Marka aad bogsato dhakhtarkaagu wuxuu ku siin doonaa talooyin kale.
- Xidhnow taageerada kabniinka haddii aadan jimicsanayn ama maydhanaynin.
- Xidhnow taageerada kabniinka habeenkii iyo xilliyada aad nasanayso oo kaliya.
- Xidhnow taageerada kabniinka maalintii oo kaliya.

Digtoonaansho

- Ka ilaali taageerada kabniinka ololka waayo waxa laga yaabaa inuu gubto.
- Taageerada kabniinka ka durki kulaylka, biyaha kulul, iyo in uu cadceedda in badan yaallo, amase gaadhiga oo kulul uu ku xidhnaado. Kulaylka oo ku bataa waxuu ka beddeli karaa qaabka.
- Dhig gacantaada iyo dhudhunkaaga barkimo dusheed amase loox marka aad huruddo amase aad fadhidid.

- 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.

- Haddii taageerada kabniinkaagu keeno mid ka mid ah dhibaatooyinkan, iska fur oo ugu yeedh dhakhtarkaaga amase kalkaaliyaha si dhakhsa ah:
 - ▶ Cadaadis uu ku sameeyo meesha sida barar yar amase inay casaato haddii casaankaasi baabi'i waayo saacad kadib markaad ka furtay kabniinka
 - ▶ Barar kordha
 - ▶ Qalafsanaan badan, xanuun amase dareen la'aan
 - ▶ Nabarka oo ay biyo galaan

Sidee loo nadiifiyaa taageerada kabniinka

Haddii aad muddo iska saari karto taageerada kabniinka, waa fursad wanaagsan an oo lagu nadiifiyo.

- Ku nadiifi taageerada kabniinka saabuun iyo biyo diirran kuna xoq burush yar.
- Aalkolo ku tirtir taageerada kabniinka gudihiisa si ay urtu uga yaraato.
- Gacanta ku maydh qabteyaasha Velcro iyo marada kala jiidmaysa biyo diiran oo saabuun leh kuna qallaji.

Kala hadal dhakhtarkaaga, kalkaaliyaha caafimaad amase daaweeyahaaga haddii aad wax su'aal ah hayso amase walaac kugu jiro.

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