

# 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

# Cómo usar y cuidar su férula

Esta férula fue hecha a su medida para proteger su articulación y hueso mientras sana. Siga las instrucciones de abajo para aprender cómo usar y cuidar su férula.

## **Cuándo usar su férula (siga la indicación que esté marcada)**

- Debe usar su férula todo el tiempo. Quitarse la férula puede dañar el área lesionada. El médico puede cambiar las indicaciones conforme vaya sanando.
- Quítese la férula únicamente para hacer ejercicio y bañarse.
- Use la férula únicamente de noche y durante los períodos de descanso.
- Use la férula únicamente durante el día.

## **Precauciones**

- Mantenga la férula lejos de llamas abiertas porque esta se quemará.
- Mantenga la férula lejos del calor, calentadores de agua o del sol por tiempo prolongado (por ejemplo, cuando está dentro de un automóvil caliente y cerrado). El calor excesivo provocará que la forma de la férula cambie.
- Al acostarse o sentarse, ponga la mano y antebrazo en alto sobre almohadas o una cuña.
- Si su férula causa alguno de estos problemas, quítesela y llame de inmediato a su terapeuta:
  - ▶ áreas de presión como llagas o marcas rojas que no desaparecen una hora después de haberse quitado la férula;
  - ▶ aumento en la hinchazón;

- ▶ 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.**

- ▶ rigidez excesiva, dolor o adormecimiento;
- ▶ ampollas.

## **Cómo limpiar su férula**

Si puede quitarse la férula durante un cierto tiempo, aproveche para limpiarla.

- Limpie la férula con jabón y agua tibia y cepíllela con un cepillo pequeño.
- Frote la parte interna de la férula con alcohol para reducir los malos olores.
- Lave a mano las correas de Velcro y la media elástica con agua jabonosa tibia y deje que sequen al aire.

**Hable con su médico, enfermera o terapeuta si tiene alguna pregunta o inquietud.**

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