

SPLINT CARE INSTRUCTIONS

- Your splint should not hurt you. Check your skin for pressure areas. If it rubs or digs in, please contact your Hand Therapist on (07) 38 333 222.
- Your splint will lose its shape if exposed to heat. If you are allowed to remove your splint, please do not leave it in the car, in the sun or near a heater.
- If you are allowed to remove your splint, you can wash your splint in cold soapy water and dry it with a towel. Do not use hot water to wash your splint.
- For stubborn marks, you can use Double D Eucalyptus Oil.
- To deodorise the splint, you can use toothpaste or vanilla essence.
- You can use a tubigrip or tubifast sock under your splint to protect your skin but this is not essential.
- If you notice any increase in swelling, check the straps are not too tight. You should be able to get the tip of your little finger under the strap.
- Every effort is made to ensure your splint stays on securely. However, the hook Velcro stuck to your splint will on occasion lift with the heat and perspiration from your hand or arm. Superglue can be used to reapply this in the interim before returning to your therapist.

If you have any questions or problems, please phone your Hand Therapist at the clinic where you were seen.