

Special instructions

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If you have any other problems/queries regarding your splint,
please contact:

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Occupational Therapist

n: Ext:

Please remember to bring your splint(s) with you for all appointments.

Occupational Therapists

Work with people of all ages, helping them to carry out the activities they need or want to do in order to lead healthy and fulfilling lives.

References

If you require a full list of references for this leaflet please email patient.information@ulh.nhs.uk

The Trust endeavours to ensure that the information given here is accurate and impartial.



If you require this information in another language, large print, audio (CD or tape) or braille, please email the Patient Information team at patient.information@ulh.nhs.uk



Advice for wearing your splint

Occupational Therapy Departments

www.ulh.nhs.uk

What is a splint?

A splint is a device used as part of a treatment programme. It can be used to immobilise, mobilise, position or protect part of your body.

All splints are different and provided for different reasons. Please follow your specific instructions carefully.

Why do I need a splint?

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What type of splint do I have?

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When do I wear my splint?

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Important things to know

You may find your hand sweats more while wearing the splint. This is due to the material it is made from and is quite normal.

You may experience some stiffness after wearing your splint. This again is quite normal and will be managed as part of your overall treatment programme. If you notice any red areas, excessive swelling or an increase in pain while or after wearing the splint, please contact your Occupational Therapist as these problems can normally be resolved.

Do not over tighten the straps as this may cause swelling, numbness or pins and needles.

Looking after your splint

- **Do not** attempt to alter your splint yourself as this may affect the outcome of your treatment.
- **Do not** immerse your splint in hot water as it will soften and lose its shape.
- Your splint may be cleaned using soap and lukewarm water and should be left to dry naturally.
- Keep your splint away from open flames, it will burn.
- **Do not** place your splint on storage heaters, radiators or in direct sunlight e.g. windowsill or dashboard as it may melt.