



Caring for your splint

You have been issued a splint for: _____

Your splint should be worn: _____

What should I look out for when wearing my splint?

- Areas that rub or mark your skin
- Swelling due to tightness from the splint or the strapping
- Any rashes due to allergy or heat from the splint
- Any changes in the colour of your skin
- Increased pain, tingling, numbness or discomfort.

If any of these occur, please contact the hand therapy department immediately for further advice. You may be required to re-attend the department for a splint check.

How should I care for my splint?

- You can wash your splint with lukewarm soapy water or an anti-bacterial wipe – ensure you dry it thoroughly. Please follow any precautions with your hand whilst the splint is not worn.
- **Do not** leave your splint in direct heat, for example- sunlight, on a warm radiator, or in hot water- this may cause your splint to lose its shape.
- **Do not** attempt to alter the splint yourself.
- If you lose any straps or they become worn, please contact the department.

Your named therapist is: _____

Hand therapy department tel no: 0121 371 3488

If you require this information in another format, such as a different language, large print, braille or audio version, please ask a member of staff or email interpreting.service@uhb.nhs.uk

Accessibility

To view this information in a different language or use text-to-speech reader visit www.uhb.nhs.uk, click the yellow and black circular icon in the bottom right of the web page to open the ReachDeck toolbar and then use the search bar to search by the name of the leaflet. If you require this information in another format such as braille, please email interpreting.service@uhb.nhs.uk.



How did we do? 😊 😐 😞

If you have recently used our services we'd love to hear about your experience. Please scan the QR code or follow the link to share your feedback to help us improve our services. **Thank you.** www.uhb.nhs.uk/fft

