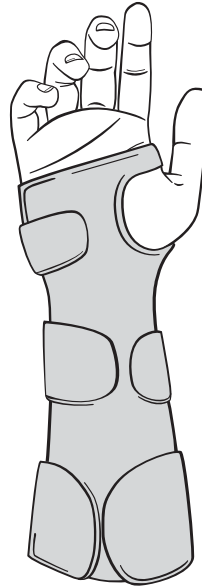


# Splint Wear and Care



TWH

## Toronto Western Hospital Hand Program



### Instructions and information for patients

#### **Wearing your Splint**

You have been fitted with a custom made splint. The splint must be worn:

- At night
- During the day with activities
- As needed for your comfort
- All the time, day and night

Please visit the UHN Patient Education website for more health information:  
[www.uhnpatienteducation.ca](http://www.uhnpatienteducation.ca)

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**University Health Network**  
Toronto General Hospital Toronto Western Hospital Princess Margaret Hospital

You may remove your splint for these activities:

- Hand washing
- Bath and shower
- Wound care
- Exercises

## **How to Care for your Splint**

- Clean your splint with soap and lukewarm water every day.
- Wash the stockinette by hand everyday and lay it flat to dry.
- Wash the straps by hand if needed.
- When you take off your splint, do not place it near any heat sources: such as on a stove, radiator, or in your car on a hot day. Your splint will lose its shape if it is heated.

## **How long should you wear your splint?**

Follow-up with your

- Doctor
- Therapist

to find out how long you need to wear your splint.

## **Things to Watch Out For**

Your splint was made especially for you, and should be comfortable.

Contact your therapist if you have any questions about your splint, or if any of the following happens:

- Your splint is not comfortable.
- A red irritated area develops on your skin.
- You have increased pain, swelling, tingling or numbness in your hand or wrist.
- You are sweating a lot, or your skin turns white.
- If you feel your splint needs to be fixed.

## Contact Us

If you have any problems or questions about your splint, please call:

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(416) 603 - 5146

## How to Find Us

### Hand Program

2nd floor East Wing, Room 444

Toronto Western Hospital

399 Bathurst Street

Toronto, ON M5T 2S8

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### Take the East Elevators to the second floor

