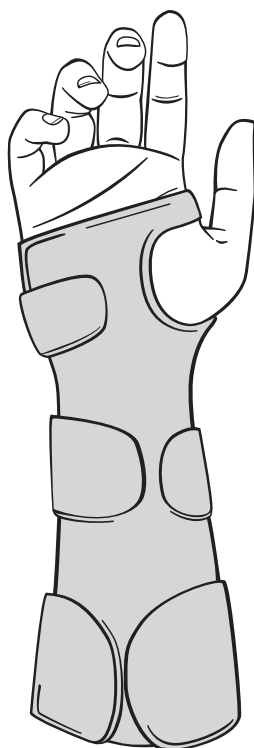


Splint Wear and Care



Instructions and information for patients

Toronto Western Hospital Hand Program



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

You may remove your splint for these activities:

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

How long should you wear your splint?

Follow-up with your

- Doctor
- Therapist

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

How to care for your splint

- Clean your splint with soap and lukewarm water every day.
- Wash the stockinette by hand every day 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 change its shape if it is heated.

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:

416 603 5146

How to find us

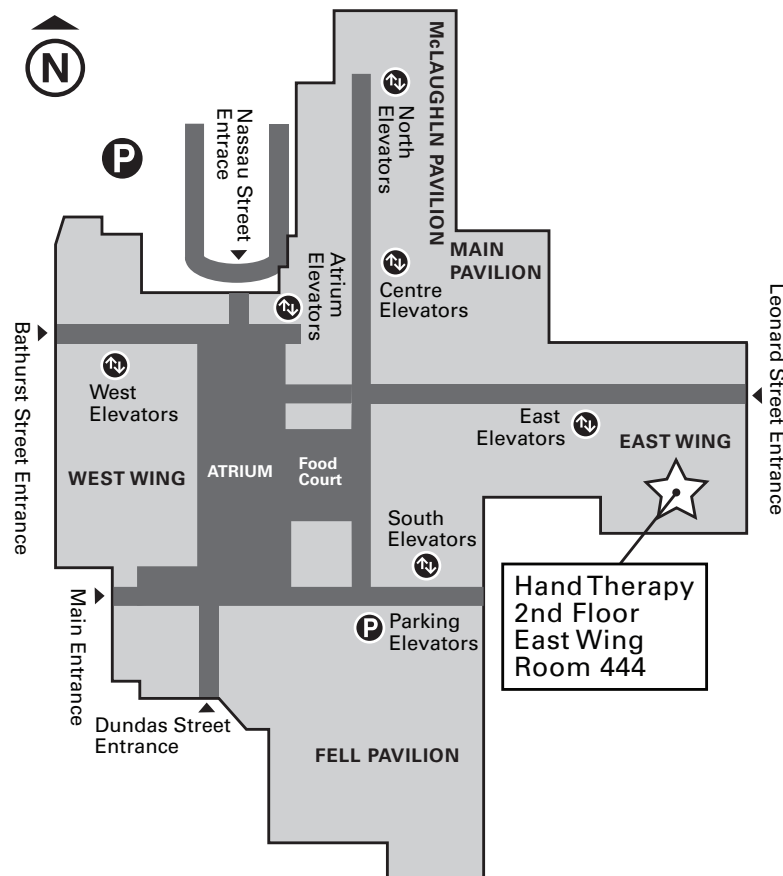
Hand Program

East Wing – 2nd floor (Room 444)

Toronto Western Hospital

399 Bathurst Street, Toronto, ON M5T 2S8

Take the East Elevators to the second floor



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