

Your Hand Splint

Wearing your splint

You have been fitted with a custom made hand splint. You need to wear your splint all the time, day and night. You also need to cover your splint with a plastic bag when you take a bath or shower. Keep wearing your splint until your doctor or therapist tells you that you no longer need to wear it.

You may take your splint off to:

- wash your hand
- change your dressing
- clean your splint
- do your hand and wrist exercises

How to care for your splint

- Your splint should be cleaned every day. A nurse, family member or friend may do this.
- Wash the splint with a washcloth and lukewarm soapy water. Rinse and dry with a towel.
- If you have stockinette, then hand wash it daily in warm, soapy water. Rinse it well and lay it flat to dry.
- The straps may be hand washed if they get dirty.
- The splint, straps and stockinette must be completely dry when you put them on.
- Heat can cause your splint to change its shape. When you take off your splint, do not place it near any heat sources such as a stove, furnace vent or in the car on a hot day.

Things to watch out for

Your splint should be comfortable. Speak with your therapist or nurse if you have any questions about your splint or if any of the following happens:

- The splint is not comfortable.
- The dressing has been changed and the splint no longer fits properly.
- Your skin sweats a lot or turns white
- You have increased pain, swelling, tingling or numbness in your hand or wrist

How to contact us:

Occupational Therapist / Physiotherapist: _____

Phone number: _____