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:_____________________________