

Wearing your splint

This splint was designed just for you: _____

This is a _____ splint. It was made to _____

Recommended wear schedule

Learning about your splint

Your therapist will tell you how to wear and care for your splint. When you go home, you can re-read this sheet to help you get the best use from your splint.

Wearing your splint

- Keep the straps snug, but not too tight.
 - It could reduce blood flow if the straps are too tight.
 - The splint may slip off, cause rubbing or not fit correctly if the straps are too loose.
 - Check your skin. Every time you take off your splint, look at the skin underneath.
 - Tell your therapist if you see red spots, white spots, bruising, blisters or any skin problems that do not go away after 10 minutes. Your splint may need to be adjusted.
 - See the “When your splint needs to be adjusted right away or replaced” section on page 2 for more details.
 - Other comments:
- _____
- _____

Caring for your splint and skin

For your splint to help the most, you must take good care of it.

- Do not leave your splint in or near hot places like a car or heater.
 - Your splint can lose its shape if left where the temperature might reach 135°F degrees.
 - Carry your splint in a cooler if taking a long road trip.
- Wash your skin before putting on the splint. It can cause problems for your skin if there is sweat or dirt under the splint, even if you cannot see it.

In case of an urgent concern or emergency, call 911 or go to the nearest emergency department right away.

Wearing your splint, continued

- Wear a sock or stockinette under the splint if advised by your therapist.
- Be sure the skin and splint are dry before putting on the splint.
- To clean the splint and straps:
 - Wash your splint in warm water with antibacterial soap. You can also use rubbing alcohol to wipe it off.
 - Clean the straps as needed. Scrub them with a toothbrush or machine wash them. For ink or other hard-to-remove stains, use a cleanser with bleach.
 - Do not put your splint in a washer, dryer or dishwasher.
- Remove lint from the Velcro with tweezers. Lint can affect how well the straps hold.
- Store your dry splint in a clean, dry place. A ziplock plastic bag is useful to keep it away from pets and other materials with lint.

When your splint needs to be adjusted right away or replaced

Leave your splint off, and call your therapist if your splint causes any of these problems:

- Marks on the skin that do not go away within 30 minutes
- Increased swelling
- Pain
- Numbness or tingling
- Skin irritation
- Itching or rash
- Bruises
- Red or white patches
- Greater stiffness
- Blisters
- Blue, cold skin
- Bunching of skin around the splint
- Difficult to put on or seems too small

When to call the therapist

- If you have any of the problems listed above
- If your splint needs to be remade or replaced
- If you have questions or concerns

Comments

Therapist	Date	Time
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Phone number

This teaching sheet contains general information only. Talk with your child's doctor or a member of your child's healthcare team about specific care of your child.

In case of an urgent concern or emergency, call 911 or go to the nearest emergency department right away.