

Wearing your splint

This splint was designed just for you: _____.

This is a _____ splint. It was made to _____.

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. If the straps squeeze you too tightly, they might pinch off your blood flow.
- 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, 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” 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 a heater. Your splint can lose its shape if left where the temperature might reach 135°F degrees. If taking a long road trip, carry your splint in a cooler.
- 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 them.
- Wear a sock or stockinette under the splint if advised by your therapist.
- Be sure both the skin and splint are dry before putting on the splint.
- To clean the splint and straps:
 - Wash your splint in cool, sudsy water. You can also wipe it off with rubbing alcohol.
 - Clean the straps as needed. You can scrub them with a toothbrush or machine wash them. For ink or other hard-to-remove stains, use a cleanser with bleach.
- Remove lint from the Velcro with tweezers. Lint can affect how well the straps hold.
- Store your dry splint in a ziplock plastic bag away from pets and other materials with lint.

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

Wearing your splint, continued

When your splint needs to be adjusted right away

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

- Increased swelling
- Pain
- Numbness or tingling
- Skin irritation
- Itching or rash
- Red or white patches
- Greater stiffness
- Blisters
- Blue, cold skin

Signs that your splint needs to be replaced

- When it is leaving marks that do not go away within 30 minutes
- When skin or tissue bunches above, below or around the splint
- When the splint is hard 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 reissued
- If you have questions or concerns

Comments:

Therapist	Date	Time
-----------	------	------

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.