



HULC
HAND + UPPER LIMB CENTRE

Patient Guide

Splint Wear & Care



Be in Safe Hands
9334 0777

Wear your splint as directed:

- Full time (including wear in the shower)
- For protection
- At night
- _____ per day for up to _____ minutes/hour/s

Cleaning

- Wash the splint and straps regularly with soapy cold water to maintain hygiene.
- Wash and change the cotton sock regularly.

Precautions

1. Your splint has been **made of thermoplastic**. Avoid heaters and open flames as splinting material is flammable.
2. Do not leave splints in a hot car, in direct sunlight as ***it will melt!***
3. Do not modify your splint as it may alter the integrity and fit.
4. **Splints can sometimes wear like shoes**. They may become painful, rub, cause red marks or skin breakdown, feel too tight and cause tingling/numbness. Splints can also become broken or damaged.

If your splint causes tingling, becomes soft, damaged or no longer fits, contact the Hand & Upper Limb Centre as soon as possible on 9334 0777.

Should you experience any difficulties or have any questions please do not hesitate to contact your therapist at the Hand and Upper Limb Centre (HULC) on 9334 0777 or 9489 8789.