How to Wear and Care for Your Splint

Follow instructions for care
This splint was custom made for you. Please read these instructions to learn how to wear and care for your splint. If you have any questions, please call your therapist at:

- Rehab Services, (614) 293-8492
- The Hand Center, (614) 366-4263, option 2

When to wear your splint

- Always wear your splint. Removing the splint may cause damage to the injured area.
- Wear your splint except to exercise and bathe.
- Wear your splint at night and during rest periods only.
- Wear your splint during the daytime only.
- Other: ________________________________

How to clean your splint

1. Clean the splint with soap and lukewarm water and scrub it with a small brush.
2. Rub the inside of the splint with alcohol to reduce odor.
3. Hand wash the Velcro straps and stockinette with lukewarm, soapy water and then air dry.

Precautions

- Keep your splint away from open flames because it will burn.
- Keep your splint away from heat, water heaters or prolonged sunlight. For example, do not leave your splint inside a hot closed car. Excessive heat will cause the splint to change shape.
- If your splint causes any of these problems, remove it and call your therapist right away.
  - An area of pressure such as sores or red marks that do not go away within one hour after removing the splint
  - Swelling
  - Excessive stiffness, pain or numbness
  - Blisters
Talk to your doctor or health care team if you have any questions about your care. For more health information, contact the Library for Health Information at 614-293-3707 or e-mail health-info@osu.edu.

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