Hand Splint

Guidelines to follow

Follow these guidelines for when to remove your hand splint and when to call your occupational therapist.

When you wear your splint for the first time, wear it for 2 hours and then remove it.

- If your occupational therapist has put the splint on while you are at the clinic, you should remove it at _____ a.m. / p.m.

If you have red or pink areas on the part of your arm that the splint covered, and these areas are still red or pink after 20 minutes, do **not** put the splint on again. Call your occupational therapist:

Occupational therapist’s name: _______________________________

Pager: ___________________   Voice Mail:____________________

If you do not have any red or pink areas, or if you have them and they go away within 20 minutes after you take the splint off:

- Keep the splint off for a total of 2 hours.
- Wear it again for 2 hours.
- Repeat wearing and not wearing the splint for 2 hours at a time. Use the table on the left side of this page to record when you put the splint on and take it off.

Questions?

Your questions are important. Call your doctor or health care provider if you have questions or concerns.

Occupational Therapy: 206-598-4830