

Wearing and Taking Care of Your Splint



Your doctor or therapist has recommended that you wear a splint.
This handout explains how to wear and take care of your splint

Wearing Your Splint

The 1st Hour

1. Wear your splint for 1 hour.
2. Take the splint off.
3. Check your skin for any red spots where the splint was.
 - If there are any red spots, circle them with a pen and go to step 4.
 - If there are no red spots, skip steps 4 and 5 and follow the directions for “The 1st Night” below.
4. Leave the splint off.
5. Wait 20 minutes and check your skin again.
 - If the red spots are gone, follow directions for “The 1st Night” below.
 - If the red spots are still there, do not put the splint back on. Call the clinic and make an appointment to see your occupational therapist to have the splint fixed. Do not try to fix it yourself.

The 1st Night

- Wear your splint for _____ hours.
- Do not wear it longer than this length of time. Set an alarm and take the splint off for the rest of the night.
- Check for red spots, as you did after the 1st hour.
- Other instructions: _____



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The 2nd Night

- Wear your splint for _____ hours.
- Do not wear it longer than this length of time. Set an alarm and take the splint off for the rest of night.
- Check for red spots as you did after the 1st hour.
- Other instructions: _____

The 3rd Night and Beyond

- Wear your splint all night.
- Other instructions: _____

Taking Care of Your Splint

- Wash your splint in cool or warm (**not** hot) water. Use mild dish soap. Wipe it dry. Let the straps air dry.
- Do not leave your splint in a hot car. It can melt.
- Do not leave your splint next to a heat source like a fireplace, stove, or heater.
- If the straps wear out, you can replace them with Velcro. You will probably not find foam strap replacements. You can buy Velcro at most fabric stores.

Staying Cool and Comfortable

If you are sweating under the splint, try:

- Wearing a stockinette under the splint. Ask your clinic or therapist for one of these.
- Putting cornstarch or baby powder on your skin under the splint.

Questions?

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