

Thermoplastic Splint

Advice Leaflet

Purpose of wearing your splint

A thermoplastic splint is provided to support and align the structures of the hand and wrist. They may also be used to enhance functional use.

Your splint has been issued to hold the hand and wrist in a specific position, to help improve its alignment.

Usage

Please wear the splint at the following times:

.....

When you first use the splint, please only wear it for an hour. If there are no adverse effects (see precautions section), then gradually increase the length of time the splint is worn for until it is worn for the recommended times states above.

Precautions

If any of the below are observed, contact the named therapist for advice:

- On removal of splint if any deep red marks are present
- Rash, skin irritation, swelling or any signs of pain or discomfort
- Any loss of circulation to the upper limb
- The splint is damaged, for example, cracking or loss of shape
- The splint does not fit as hand shape/posture has changed

Basic Care

Wipe/wash your splint with lukewarm **(not hot)** soapy water and rinse. Alternatively your splint can be wiped with an alcohol gel. The splint can be scrubbed using a toothbrush or nailbrush. Wipe dry before wearing again.

Do not immerse in hot water, leave on a radiator or near a fire as the heat can alter the shape of the splint.

Contacts

If you have any concerns or would like to ask any questions before your next appointment please use the following contact details. The therapist should be available for you to contact 9am-5pm Monday to Friday.

Date of issue of this sheet:

Name of Therapist:

Contact telephone details:

Royal Hospital for Children and Young People
50 Little France Crescent
Edinburgh EH16 4TJ
Tel.: **0131 536 1000**

Thermoplastic Splint
Advice Leaflet