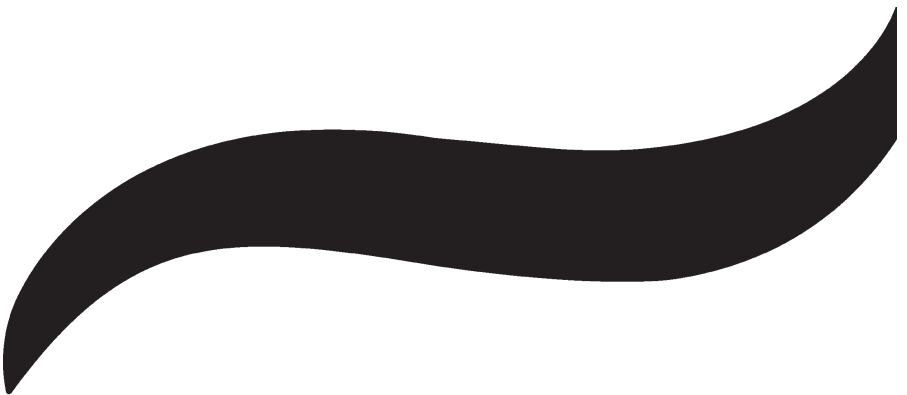




Information about your splint

Information for patients
Hand Therapy



A splint is a device used to help support, rest, protect or aid function. Thermoplastic splints are made specially to fit you and may need to be adjusted over time. If you have been supplied an off-the-shelf splint and feel you need a different size then please advise your therapist. This splint is for exclusive use by you. It needs to be as comfortable as possible. If your splint rubs, causes any red areas or you get swelling because of the splint then please get in touch with us, so we can review it and make it more comfortable.

If you need to contact us about your splint ring us on:

01698 752088 - Monday to Friday 8.00-16.00

| |
|---|
| Name of Patient |
| CHI Number |
| Your Therapist is |
| Date splint applied/made: <input type="checkbox"/> Right <input type="checkbox"/> Left <input type="checkbox"/> Both |
| Product size(for non-bespoke splints) |
| Product name & brand: |
| (e.g. 'Eseform whole hand/forearm/thumb resting splint' or 'Promedics elastic thumb spica' or 'Performance Health wrist brace') |

The reason for your splint

- | | |
|---------------------------------------|--|
| <input type="checkbox"/> to support | <input type="checkbox"/> to rest |
| <input type="checkbox"/> to protect | <input type="checkbox"/> to aid function |
| <input type="checkbox"/> other: | |

When to wear your splint

It may be necessary to wear a splint all the time or for several hours a day/night to maintain the desired position or when doing certain physical everyday activities.

- | | |
|--|--|
| <input type="checkbox"/> for rest in the daytime | <input type="checkbox"/> for work |
| <input type="checkbox"/> for rest a night time | <input type="checkbox"/> <i>all the time (other than hygiene)</i> |
| <input type="checkbox"/> for daytime activities | <input type="checkbox"/> <i>all the time (other than exercise)</i> |
| <input type="checkbox"/> for heavier tasks | <input type="checkbox"/> <i>all the time (unless issue arise)</i> |

Wearing some light tubular bandage when wearing your splint, which can be washed and reused, may keep your splint more comfortable.

Care for your splint

Your thermoplastic splint may be wiped daily, but not submerged, with warm soapy water using a mild detergent such as washing up liquid. Rinse and dry. Do not leave your splint in a hot environment, e.g. on a windowsill in sunlight, or on a radiator as it may lose its shape. Pets like to chew splints so keep it out of their way.

Precautions

Please let the therapist know if you get any pins and needles or other sensations which are not normal. While you have a dressing on your wound, you will need to keep the wound and dressing dry. Do not attempt to alter your splint yourself. If you are having difficulties with your splint, can't get it to fit correctly or do not understand any of the information given to you, please do not hesitate to contact us. Ensure you are wearing it as advised. Do not over-tighten the straps.

It may be necessary to review your splint. A follow-up appointment will be made for you if necessary. Please bring your splints with you.

This device information conforms to general safety & performance requirements

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NHS inform - The national health information service for Scotland.
www.nhsinform.co.uk
Tel No: 0800 22 44 88

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Services@lanarkshire.scot.nhs.uk



www.careopinion.org.uk

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