



If you need your information in another language or medium (audio, large print, etc) please contact Customer Care on 0800 374 208 or send an email to: [customer care@salisbury.nhs.uk](mailto:customer care@salisbury.nhs.uk)

You are entitled to a copy of any letter we write about you. Please ask if you want one when you come to the hospital.

Please complete The Friends & Family Test to tell us about your experience at: [www.salisbury.nhs.uk/FriendsFamily](http://www.salisbury.nhs.uk/FriendsFamily) or download our App from the Apple App store or Google Play Store.

The evidence used in the preparation of this leaflet is available on request. Please email: [patient.information@salisbury.nhs.uk](mailto:patient.information@salisbury.nhs.uk) if you would like a reference list.

Author: Carole Bexon  
Role: Specialist Occupational Therapist  
Date written: March 2010  
Last Revised: September 2017  
Review date: September 2020  
Version: 2.1  
Code: PI0508

## **Instructions on using your soft splint** (page 1 of 2)

Patient's name (or Bradmar label)      Date: .....

You have been given a (tick which):

- Made-to-measure neoprene splint
- Commercial neoprene splint
- Commercial elastic splint

It is for your:

- right hand
- left hand
- other (please specify other joints) \_\_\_\_\_

**The purpose of your splint is** (to be completed in the clinic)

**Please wear your splint** (to be completed in the clinic)

**Please do not wear your splint** (to be completed in the clinic)

If you have been fitted with a made to measure neoprene splint – please do not wear the splint for the first 24 hours, as the glue needs to set.

**Important, please watch out for:**

- Red marks on your skin due to rubbing or pressure points, especially if these red marks do not disappear within 15 minutes after taking off the splint.
- A rash or itching due to heat or allergy to the material – this is not

**Wessex Rehabilitation Centre**  
**01722 336262 ext 2370 or 2371 (answer phone)**

unusual with neoprene.

- Your splint no longer fits because your hand has changed size or shape.
- Any signs of infection in open wounds covered by the splint such as excessive odour.
- Tight straps causing swelling, for example over the back of your hand.
- Tight straps causing poor blood supply, for example your fingers go blue/purple, or you have numbness or tingling in your fingers.
- Loss of movement following use of the splint – it is not unusual for your hand to feel generally stiff after wearing a splint – however, the range of movement should be regained quickly after a few exercises and stretches, as appropriate for your therapy.
- Increase in unexpected pain.

If you have any of the above problems seek advice from your therapist.

## General care of your splint

- Elastic or neoprene splints may be hand washed or machine washed on a “delicate” load. Make sure the Velcro straps are fastened before putting the splint in a washing machine and do not wash the splints with any other laundry. Dry the splint naturally away from heat - do not wear until the splint is completely dry.
- Do not leave or use your splint near a naked flame.
- Keep your splint out of reach of dogs. Many dogs enjoy the opportunity to chew or eat splints.
- Do not alter your splint, seek advice from your therapist.

## Replacement splints

If your made-to-measure splint needs alteration or replacement, please contact:

Name of therapist \_\_\_\_\_ Profession \_\_\_\_\_

Email:

The telephone number is given below

If your commercial splint needs replacement, you can purchase one directly from the supplier. Many patients find this the quickest and easiest way to get replacement splints and many companies offer an ordering service on line. Please see the ordering details below:

Supplier	
Description of splint:	
Left or right:	
Size:	
Code number:	

Alternatively, you can ask your hospital consultant for a replacement splint. Your consultant may be able to give you a replacement splint when you come back to clinic, or alternatively can organise for this to be ordered from the Orthotics Department. Please note – this is only possible if you are under a consultant at Salisbury District Hospital.

Wessex Rehabilitation Centre

01722 336262 ext 2370 or 2371 (answer phone)