

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

Patient's name (or Bradmar label) Date:



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

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 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 if you would like a reference list.

Author: Megan Robson
Role: Clinical Specialist
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The purpose of your splint is *(to be completed in the clinic)*

Your splint is a made-to-measure thermoplastic splint.

It is for your:

- right hand
- left hand
- both hands
- other (please specify other joints) _____.

Its purpose is:

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

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

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 you have taken off the splint
- a rash or itching due to heat or allergy to the material
- 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

Contact: Hand Therapy
Tel: 01722 345530

- 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 after you have used 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

- hard thermoplastic splints may be washed regularly in lukewarm water. The splint can be scrubbed with a nailbrush using washing up liquid or other detergent. Dry the splint naturally away from heat - do not wear it until the straps are completely dry
- if your splint has metal rivets, these will tarnish with age – on some people this can happen quite quickly. If the rivets cause small rust marks on your skin then cover them up with something like a small piece of Elastoplast. Do not soak the splint as this will cause the metal rivets to rust more quickly
- do not leave your splint in direct heat such as on a warm radiator, sunny window sill, car dashboard or 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:

Contact: Hand Therapy
Tel: 01722 345530