

Your splint



If you would like this leaflet in large print, braille, audio version or in another language, please contact the General Office on 01872 252690



Type of splint: _____

The purpose of your splint is to:

When should I wear my splint?

Wear it (therapist to tick as appropriate):

- Night only
- Day only
- For activity only
- Constantly
- Remove for exercise
- Remove for washing
- Other

What should I look out for?

Contact us if:

- your skin becomes red or tender
- you have a skin reaction (eg itching, rash)
- you notice any abnormal swelling
- you have increased pain or discomfort.

To reduce problems:

- only wear your splint during the times instructed
- do not strap on too tightly.

How do I care for my splint?

Wash the splint with warm (not hot) soap and water. Air dry only. Small areas can be scrubbed with a toothbrush.

Do not:

- place your splint near heat (including sunny windowsills!)
- alter your splint if it is broken or badly fitting.

What if I have any problems?

You can contact us for another appointment up to four weeks following the completion of your treatment. After this time you will be discharged to the care of your GP.

After four weeks a GP letter will be required for:

- review appointments
- broken splints
- replacement or additional splints
- other problems.

Your therapist is:

If you need to contact us

Please contact your therapy department on:

- RCH – 01872 252885
- SMH – 01736 758846
- WCH – 01736 874115

It would be helpful if you can tell us the type of splint you are wearing (see beginning of leaflet).