

Further information

If you require any further information after reading this leaflet, please contact:

Occupational Therapy Service
Warwick Hospital
Lakin Road
Warwick
CV34 5BW

01926 600818 option 5

<https://www.swft.nhs.uk/>

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**South Warwickshire
NHS Foundation Trust**

Occupational Therapy

Hand & Upper Limb Service

Wear and Care of Your Splint

As part of your treatment you have been provided with a splint. This leaflet is designed to tell you how and when to wear your splint and what to do if you have any problems.

Wearing your Splint

Type of Splint: _____

Why do I need to wear my splint?

- | | |
|---|--|
| <input type="checkbox"/> to rest | <input type="checkbox"/> to mobilise |
| <input type="checkbox"/> to protect | <input type="checkbox"/> to immobilise |
| <input type="checkbox"/> to reduce swelling | <input type="checkbox"/> to stabilise |
| <input type="checkbox"/> to prevent / correct deformity | <input type="checkbox"/> |

When do I need to wear my splint?

- | | |
|---|---|
| <input type="checkbox"/> during the day | <input type="checkbox"/> during activity |
| <input type="checkbox"/> at night | <input type="checkbox"/> during exercise |
| <input type="checkbox"/> at all times | <input type="checkbox"/> following exercise |
| <input type="checkbox"/> at rest | |

For how long will I need to wear my splint?

How do I clean my splint?

- Your splint can be cleaned with a cool, damp cloth (tap water) and soap or mild detergent. **Do not immerse in hot, boiling water.**
- Dry it gently with a towel.
- The straps may be removed and washed in soap and water.

Precautions: PLEASE READ CAREFULLY

- If your splint causes any pain, redness, rashes, pins & needles, or numbness, please remove it and contact your Occupational Therapist within office hours (Mon – Friday 8.00 a.m.– 4.00p.m).
- Never put the splint into hot water or leave it in a hot place (e.g. in the sun or near a radiator or fire) as it will lose its shape.
- Your skin may become sweaty underneath the splint, which is normal. Every time the splint is removed, you should wash and dry your skin thoroughly, unless you have dressings on a wound or advised by your therapist.

Can I drive in my Splint? :

From the DVLA's (www.dvla.gov.uk) "At a Glance Guide to the Current Medical Standards of Fitness to Drive (Feb 2009)":

"It is the responsibility of the driver to ensure that he/she is in control of the vehicle at all times and to be able to demonstrate that is so, if stopped by the police. Drivers should check their insurance policy before returning to drive after surgery."

Other information:

Your Occupational Therapist is:

Tel no: 01926 600818 option 5
Monday – Friday, 8am – 4pm

As a key provider of healthcare and as an employer, the Trust has a statutory obligation to promote and respect equality and human rights. This is set out in various pieces of legislation including: Race Relations (Amendment) Act 2000, Disability Discrimination Act (2005), Sex Discrimination Act (1975) and the Age Discrimination Act (2006)

Our information for patients can also be made available in other languages, Braille, audio tape, disc or in large print.

PALS

We offer a Patient Advice Liaison Service (PALS). This is a confidential service for families to help with any questions or concerns about local health services. You can contact the service by the direct telephone line on 01926 600 054 or using the phone links which are available in both hospitals or calling in at the office located in the main entrance at Warwick Hospital.