

Instructions for wearing your neoprene CMC thumb splint

Information for patients

Only to be used by (insert patient name): _____

Size/Side/Brand: _____

Date: _____

Name of therapist: _____

Hospital site: _____

When can I wear my neoprene thumb splint?

Your thumb splint is designed to support your thumb joints during your daily activities. However if you want you can wear it when resting, for pain relief.

Remember, your splint is for your use only.

How do I clean my splint?

- Your splint is washable. Use lukewarm water with a mild detergent, and then leave it to air dry naturally. Do not dry it on a heat source, such as a radiator.
- Do not machine wash or tumble dry your splint as this may destroy the elasticity of your splint.



When should I call my therapist?

Always contact your therapist if your splint:

- is uncomfortable to wear
- causes any red or tender patches on your skin; or
- causes pins and needles or numbness.

What if I need to replace my splint?

If you need to replace your splint you can buy a replacement from the manufacturer. Please see the label inside your splint for more information.

What if I have any questions or concerns?

If you have any questions or concerns regarding your treatment, please call the **Hand Therapy Service on 01227 78 30 65**.

This leaflet has been produced with and for patients

If you would like this information in **another language, audio, Braille, Easy Read, or large print** please ask a member of staff. You can ask someone to contact us on your behalf.

Any complaints, comments, concerns, or compliments please speak to your doctor or nurse, or contact the Patient Advice and Liaison Service (PALS) on 01227 78 31 45, or email ekh-tr.pals@nhs.net

Patients should not bring in large sums of money or valuables into hospital. Please note that East Kent Hospitals accepts no responsibility for the loss or damage to personal property, unless the property had been handed in to Trust staff for safe-keeping.

Further patient leaflets are available via the East Kent Hospitals web site www.ekhuft.nhs.uk/patientinformation