



# Instructions for wearing your custom-made splint

## Information for patients

Only to be used by (insert patient name): \_\_\_\_\_

Type of splint: \_\_\_\_\_

Date: \_\_\_\_\_

Name of therapist: \_\_\_\_\_

Hospital site: \_\_\_\_\_

Wearing time:

24 hours a day		Night time only		Functional use	
Other					

## How do I clean my splint?

Use soap and lukewarm water and dry thoroughly before putting it back on.



## What if I have any pain, irritation, or swelling?

Contact your therapist if you have any of the following.

- Red or irritated skin.
- Pain from your splint.
- Swelling, undue stiffness, or numbness.

## How do I look after my splint?

- This splint is for your use only.
- Your splint is made from low temperature thermoplastic materials. So, it can change if exposed to short periods of high temperature or long periods of low temperature.
- Do not expose your splint to an open flame.
- Do not add any padding material, as this will change the fit of your splint.
- Do not change or adjust your splint.
- Please speak to your therapist before driving again, as you may need to let your insurance company know that you are wearing a splint.

## 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](mailto: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](http://www.ekhuft.nhs.uk/patientinformation)