



# Instructions for wearing your Futura wrist splint

## Information for patients

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

**Size/Side/Brand:** \_\_\_\_\_

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

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

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

### What is a Futura wrist splint?

The Futura wrist splint is designed to reduce movement at your wrist, provide support, and relieve pressure or pain. It allows you to use your thumb and fingers, while helping with the symptoms you have been having.

### How should I wear my splint?

If you wear your splint correctly:

- you should be able to move all your fingers; and
- your splint should not cause you any discomfort.

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.
- Remove the metal bar before you wash your splint.
- Do not machine wash or tumble dry your splint as this may destroy the elasticity of your splint.

## 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.

## 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)