



# Instructions for wearing your custom-made splint

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## Information for patients from the Hand Therapy Service

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

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

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

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

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

Wear 24 hours a day: **yes / no** (delete as appropriate)

Wear night time only: **yes / no** (delete as appropriate)

Functional use only: **yes / no** (delete as appropriate)

Other: \_\_\_\_\_

### How do I clean my splint?

Clean your splint using soap and lukewarm water. Dry your splint 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. It can change shape 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. 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 783065.

**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 783145 (tel://+441227783145), or email [ekh-tr.pals@nhs.net](mailto:ekh-tr.pals@nhs.net) ([ekh-tr.pals@nhs.net](mailto:ekh-tr.pals@nhs.net))

**Patients should not bring 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 has been handed into Trust staff for safe-keeping.

**Further patient leaflets** are available via the East Kent Hospitals website (<https://www.ekhuft.nhs.uk/information-for-patients/patient-information/>).

Reference number: Web 117

First published:  
November 2016

Last reviewed:  
March 2024

Next review date:  
July 2027

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