



Instructions for wearing your custom-made splint

Information for patients from the Hand Therapy Service

It is important that you look after your splint. Please read this leaflet carefully, and follow the care advice given. As a Trust we are trying to improve our sustainability, and reduce our carbon footprint and costs to the NHS. If you have any questions, please speak to your therapist.

Your splint

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.

Please let us know:

- If you have any accessibility needs; this includes needing a hearing loop or wanting someone to come with you to your appointment.
- If you need an interpreter.
- If you need this information in another format (such as Braille, audio, large print or Easy Read).

You can let us know this by:

- Visiting the Trust web site (<https://www.ekhuft.nhs.uk/ais>).
- Calling the number at the top of your appointment letter.
- Adding this information to the Patient Portal (<https://pp.ekhuft.nhs.uk/login>).
- Telling a member of staff at your next appointment.

Any complaints, comments, concerns or compliments, please speak to a member of your healthcare team. Or contact the Patient Advice and Liaison Service on 01227 783145 or email (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 information leaflets are available via the East Kent Hospitals' web site (<https://www.ekhuft.nhs.uk/patient-information>).

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