



Instructions for wearing your Futura wrist 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):

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 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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