

Splint Instructions

You have been provided with the following splint:

- ☐ Static Thermoplastic Splint
- ☐ Dynamic Thermoplastic Splint
- ☐ Soft / Semi-Rigid Splint

You will need to wear your splint:

- ☐ Full-time (day and night)
- ☐ Day time
- ☐ Night time: _____ hours
- ☐ Part-time: _____

Other wearing instructions:

Care Instructions

Thermoplastic Splints:

- remove any strapping from your splint prior to washing
- only use cold or luke-warm water to wash your splint (to prevent your splint from melting)
- Use a mild soap or detergent and rinse well.
- allow your splint to dry completely before use. Do not dry the splint in direct sunlight or use a dryer

Soft or Semi-Rigid Splints:

- Remove any metal or thermoplastic inserts prior to washing
- Use a mild detergent to gently hand wash the fabric and rinse well
- Allow the splint to dry completely before use. Do not put the splint in a dryer
- Oils and creams may damage the fabric - please limit using these when wearing your splint

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Precautions:

It is important that you **do not** try to alter the splint yourself.

Do not leave your splint in the car on a hot day or near a heater as it will melt.

Contact your therapist if you experience any of the following problems with your splint –

- increased pain or a skin reaction, such as a rash or redness.
- rubbing on your skin
- the splint feels too tight
- the splint feels too loose
- the straps are not secure
- the splint has become damaged or lost
- you have any other concerns.

If you have any concerns with this advice, please contact your Therapist:

Name

Signature

Date: ____/____/____

Accessibility

If you have difficulty reading a standard printed document and would like an alternative format, please phone 13 22 81.



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