



# Splint care

The splint will help protect the hand while it heals, wear your splint:



All day and night (24 hours)

Most of the time - only take splint off for skin care (see below)

Most of the time - take off splint as physio / doctor said

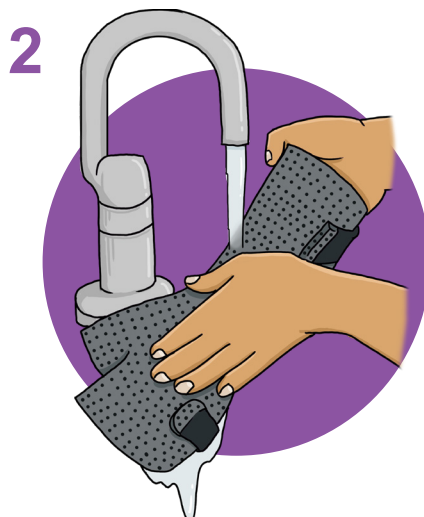
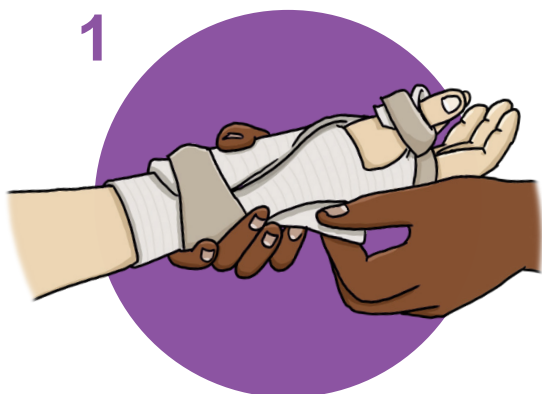
Most of the time - take off splint for light activities

Only at nights

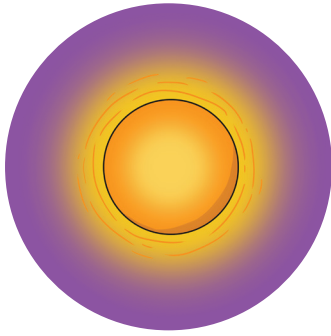
Please **call your physio immediately** if your splint is too tight, rubbing or pain, or if you feel any tingling or numbness.

**NEVER change your splint on your own – ask the physio for help**

- 1**
  - To protect the skin in the splint you might need to wear a stockinette under the splint.
  - Someone will need to help remove the splint if you're allowed to take it off.
- 2**
  - To wash the splint use cool tap water with soap. Dry hand and splint well before putting it back on.
- 3**
  - If the splint smells, use toothpaste or baby wipes when washing, please keep the velcro straps dry.



## Looking after your splint



Splints can melt and lose shape, please keep it away from heat -hot cars, hot water and heaters



Wrap a tea towel or shirt around the splint and then a plastic bag when getting wet



Keep the splint away from pets, they may chew it

Please call the **Physiotherapy Department** if you have any questions concerns or worries,

**Weekday** hours of 8am and 4:30pm on (08) 6456 0412

**Weekends**, contact the physio on duty on (08) 6456 2222

Your physio is: \_\_\_\_\_



Government of **Western Australia**  
Child and Adolescent Health Service

### Child and Adolescent Health Service

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Produced by: Physiotherapy Department / Social Work  
Ref: 546.1 © CAHS 2021

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**Disclaimer:** This publication is for general education and information purposes. Contact a qualified healthcare professional for any medical advice needed.

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