

# Instructions for Your New Splint

## Wearing Pattern:

Check splint \_\_\_\_\_ minutes after initial fit.

Increase wear \_\_\_\_\_ minutes or \_\_\_\_\_ hours per day for \_\_\_\_\_ times.

## Precautions:

If any of the below symptoms occur, discontinue use and call your therapist.

- Swelling
- Severe pain
- Redness when splint is removed
- Numbness
- Pallor (change in skin color above or below splint)
- Unable to move fingers or toes while splint is worn

## Care and Cleaning of Your Splint:

Your splint will lose its shape in temperatures over 130° F. Do not leave your splint on or near heaters, ovens or car windows. Do not wash your splint in hot water.

Wash your splint daily with mild soap and lukewarm water. For difficult to remove spots, such as ink, you may use a scouring cleaner which contains chlorine, and rinse well.

Please do not attempt to make any adjustments to your splint at home. If you feel there needs to be an adjustment made, call your therapist.

Therapist: \_\_\_\_\_

Telephone: \_\_\_\_\_

Miller Children's Hospital: Patient/Family Education Committee  
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