

# Protective Splints – Plastic Surgery

## (Caregiver Handout)

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### Your child should wear their splint:

- at all times
  - even when in the shower and bathing
  - even when sleeping
  - except** for cleaning 1 or 2 times a day. Make sure their hand is protected while the splint is off
- except** when doing their exercises; make sure their hand is protected
- during strenuous hand activities and potentially harmful situations such as crowds, pets, and sports (as allowed)
- at night

The schedule that your child is wearing their splint may change as their injury heals. Also, as they wear their splint, or as the swelling goes down, their splint may need to be adjusted.



**Do not change their schedule** without contacting their therapist.

**Do not adjust the splint yourself** or add any padding.

Call their therapist as soon as possible if their splint needs adjusting.

### Why does my child need to wear a splint?

Splints may be worn for many reasons:

- ✓ to prevent movement
- ✓ to protect or support their bones, muscles, tendons and ligaments to promote healing
- ✓ to prevent further injury or problems
- ✓ to help decrease the pain, swelling, and inflammation

## **Skin care**

Skin problems can happen from sweating or the splint rubbing.

To avoid problems with sweat:

- ✓ Wash their splint often, 1 to 2 times every day.
- ✓ Wear light cotton such as a cotton stocking under the splint.
- ✓ If their skin is sore, itchy, or red by the splint call their therapist so that the splint can be adjusted.

## **How do I clean their splint?**

- ✓ Wash in cool water.
- ✓ Use a light detergent such as dish soap.
- ✓ Use a soft brush like a nailbrush or toothbrush for stubborn dirt or stains.
- ✓ Rinse well.
- ✓ Pat dry or put it on a counter to dry.



- do not use hot water
- do not use harsh soap or bleach
- avoid heat to dry the splint

## **How do I clean the velcro straps?**

The velcro straps need to be hand washed and hung to dry.

**If you have any questions, call your child's therapist:**

\_\_\_\_\_ at (905) 521-2100, extension \_\_\_\_\_.