

Protective Splints – Plastic Surgery

(Patient Handout)

You should wear your 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 your hand is protected while the splint is off
- except** when doing your exercises; make sure your hand is protected
- during strenuous hand activities and potentially harmful situations such as crowds, pets, and sports (as allowed)
- at night

The schedule for wearing your splint may change as your injury heals. Also, as you wear your splint, or as the swelling goes down your splint may need to be adjusted.



Do not change your schedule without contacting your therapist.

Do not adjust the splint yourself or add any padding.

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

Why do I need to wear a splint?

Splints may be worn for many reasons:

- ✓ to prevent movement
- ✓ to protect or support your bones, muscles, tendons and ligaments in order 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 your splint often, 1 to 2 times every day.
- ✓ Wear light cotton such as a cotton stocking under the splint.
- ✓ If your skin is sore, itchy, or red by the splint call your therapist so that your splint can be adjusted.

How do I clean my 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 my velcro straps?

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

**If you have any questions, call your therapist _____
at (905) 521-2100, extension _____.**