

Center for Hand and Extremity Reconstructive
Surgery
248.352.4263

Care of Your Splint

This splint was made especially for you. It should fit comfortably. Please read the following information regarding wear and care of your splint.

Precautions: You should inspect your hand for red areas suggestive of early pressure changes.

1. Your splint will burn. Keep it away from cigarettes or flames.
2. If exposed to heat your splint will soften and lose its shape. Do not leave splint in a car, near heat source, immerse in hot water, or near a sunny window.
3. If perspiration is a problem you may apply powder to hand if there are no stitches or open wounds. You may also use cotton stockinette under the splint to help absorb moisture.
4. Be careful with excessive perspiration, skin maceration may develop. This is a breakdown of the skin from moisture. The skin will look soft and white. Keep skin dry to prevent maceration.
5. Do not wear splint while operating machinery unless you have prior permission from your physician.

Adjustments:

1. If you need a splint adjustment, call the hand therapy clinic at 248-352-4263 to make an appointment to be seen for a splint modification.
2. Contact the hand therapist immediately if your splint causes any of the following: excessive swelling, pain, reddened pressure areas that last longer than 20-25 minutes with splint removal, excessive stiffness, blistering or skin rash.
3. If your swelling does go down and the splint becomes loose – please call to make an appointment to have your splint remolded.

Cleaning:

1. You may clean your splint with mild soap and lukewarm water or wipe with alcohol. DO NOT submerge the splint in hot water. It will lose its shape in temperatures above 135 degrees.
2. You may use a cleaner with chlorine for removing ink or difficult spots. Be sure to rinse and dry thoroughly.

Wear Schedule:

- During the day.
- During the night.
- During active use of the hand.