

How to look after your thermoplastic splint



When to wear it

This depends entirely on the condition the splint has been fitted for. It may be on full time, or it may only be required for particular activities. Your physiotherapist can clarify this further if you are not sure.

Waterproof

Your splint is completely waterproof. It is safe to wear while showering, bathing, washing dishes, and even swimming. Any time your splint gets wet it must be removed and dried to avoid your skin becoming soft, soggy and damaged (macerated). Some dressings and wounds should not get wet - please discuss this with your therapist if you are not sure.

Washable

It is good to wash your splint about once a day - often more during the summer months or if you have been very physically active. Sit down at a table and remove the splint safely as shown by your physiotherapist. If possible, have someone help wash the splint for you while you gently wash your hand. The splint can be soaked, scrubbed, disinfected or deodorised! Cool soapy water is usually best. Splint and hand should be thoroughly dried before the splint is replaced.

Heat sensitive

Your splint will become soft and lose its shape at approx 60°C or above. This means it will not melt while you are wearing it, even in a really hot shower! Be careful what you do with the splint when it is not on your hand:

- Do not leave it in the car on a sunny day
- Do not dry with a hair-dryer
- Do not wash in the dishwasher or washing machine

Troubleshooting

Check your skin regularly for any red marks which might indicate pressure from the splint. We are happy to adjust any of our splints, free of charge. For minor discomfort and to absorb any sweatiness, a 'tubigrip' style lining sleeve can be very helpful. If your splint requires any adjustment, modification or repair, please don't hesitate to phone Flex Physiotherapy on **9366 1769**.