

If **perspiration is a problem**, one option is to wear a stockinette “glove” or to take a thin cotton tube sock, cut off the toe end and make a small slit for your thumb and wear this under your splint.

If **odour is a problem** when you are not wearing your splint, you could try placing the splint in a plastic bag with baking soda, tie up the bag and put it in the freezer. Baking soda is an excellent odour absorber!

OTHER INSTRUCTIONS

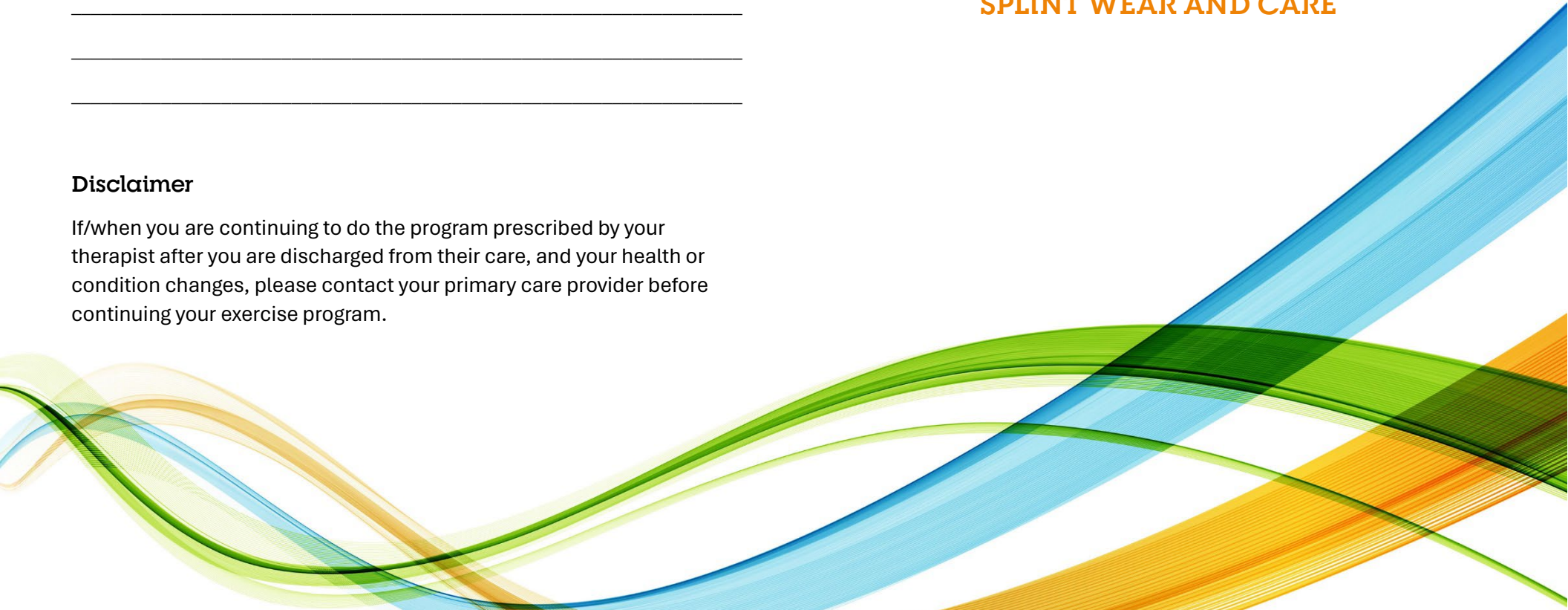
Disclaimer

If/when you are continuing to do the program prescribed by your therapist after you are discharged from their care, and your health or condition changes, please contact your primary care provider before continuing your exercise program.

Health PEI

OCCUPATIONAL THERAPY

SPLINT WEAR AND CARE



The splint was custom fitted for you and it is an important part of your treatment. This pamphlet provides you with wearing and caring information.

If you have **any** questions, please contact your OT:

at 902-894-2062, Monday to Friday 8:00 a.m. – 4:00 p.m.

For follow-up appointments regarding this splint, please bring both your splint and this pamphlet.

PURPOSE OF SPLINT

WHEN TO WEAR YOUR SPLINT

Day time: _____

Night: **All night**, however **if** you wake up with it bothering you, you can take it off. It takes a couple of weeks to get used to wearing it.

**DO NOT WEAR FOR DRIVING OR OPERATING
DANGEROUS MACHINERY OR IN SITUATIONS WHERE
YOUR SAFETY MAY BE COMPROMISED**

PROBLEMS TO WATCH FOR

Should any of the following occur remove your splint and call your OT:

- Swelling, stiffness, pain, burning feeling, numbness or pins and needles. Anything that you did not experience before receiving the splint, or if it is worse since receiving the splint.
- Circulation issues – skin turning cold and blue.
- Red or irritated skin that does not return to normal colouring within 15-20 minutes after removal of the splint.

PRECAUTIONS

- Do not expose splint to any sources of HEAT (such as radiators, stoves, sunny windows, inside a car during warm weather, wood stove, open flame) as your splint will change shape.
- Never add padding or make splint adjustments at home.

CLEANING YOUR SPLINT

If your splint is made of PLASTIC, wash the splint with soap and cool water. Hot water will cause the splint to change its shape. You may use a cleanser or disinfectant, if you wish. Towel dry.

If your splint is primarily FABRIC, hand wash it delicately in warm water. Air dry. **DO NOT DRY IN THE DRYER!**