Thermoplastic splint instructions

A made to measure thermoplastic splint has been made for your ___________________
The purpose of your splint is to _______________________________
Please wear your splint _____________________________________

Advice

Please be aware of:

- any signs of wound infection, such as smell, temperature, redness or pus
- red marks on your skin from rubbing or pressure from the splint.

Don’t leave your splint near a heat source, as it may change shape. This includes:

- hot water
- hand dryers
- radiators
- sunny cars or window sills.

Please do not alter the splint yourself. Your splint may no longer fit you if your hand changes shape/size, or if it is damaged.

Care for your splint

You may wash your splint in cool water and detergent if you have been advised to take your splint off. Allow it to dry naturally away from heat before wearing. Please contact your therapist if you have any concerns.

Therapist_____________________________ Date_____________________

Contact details

Hand therapy team
Therapy outpatients
B level
West Wing
Southampton General Hospital
Tremona Road
Southampton
SO16 6YD
023 8120 6459

If you need a translation of this document, an interpreter or a version in large print, Braille or audio, please call 023 8120 4688 for help.