

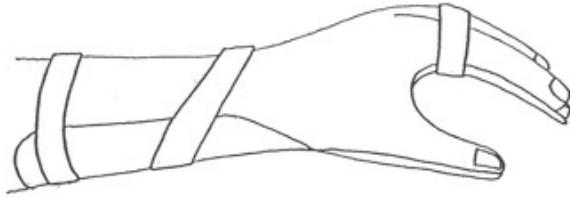
Patient information factsheet

Resting splint

This factsheet explains how to care for your resting splint. We hope it will help to answer some of the questions you may have. If you have any further questions or concerns, please speak to a member of our team.

What is a resting splint?

A resting splint is a device designed to be worn at night or when resting, for example, when watching TV during the day. It can help to reduce swelling and pain and slow down any deformities that could occur after an injury.



Fitting

We recommend wearing the splint at night. To get you used to wearing the splint, we suggest you start off by wearing it for 15 to 30 minutes. When it feels more comfortable, gradually increase how long you wear it for at a time.

If we have given you a splint for each hand, we suggest you alternate them. Wear the right-hand splint for a night, then the left-hand splint the next night.

Checking

Each time you remove your splint, check for any red marks. If the marks fade within half an hour, this is fine. If they persist, we will need to adjust your splint.

You may find your hands are stiff after removing the splint. If so, exercise each joint for a few minutes. Exercising your hand in warm water may also help.

Washing

The splint is made of heat-sensitive materials. Don't put it in hot water or leave it near heat sources, such as a radiator or on a sunny windowsill, because it will change shape.

You can clean the splint using cold or lukewarm water with washing-up liquid or gentle soap.

Adjusting

If you have any problems with your splint, please don't try to alter or adjust it yourself. Contact us using the details on the reverse of this page.

Contact us

If you need more advice about any aspect of your resting splint, please contact us.

Patient information factsheet

Therapist: _____

Date: _____

Hand therapy team

Therapy outpatients
B level
West Wing
Southampton General Hospital
Tremona Road
Southampton
SO16 6YD

Telephone: **023 8120 6459**

If you are a patient at one of our hospitals and need this document translated, or in another format such as easy read, large print, Braille or audio, please telephone **0800 484 0135** or email **patientsupporthub@uhs.nhs.uk**

For help preparing for your visit, arranging an interpreter or accessing the hospital, please visit **www.uhs.nhs.uk/additionalsupport**

Join our family of charity supporters with a monthly donation!
It's a wonderful way to show your ongoing support of our patients and staff.

Scan the QR code or visit southamptonhospitalscharity.org/donate



**Southampton
Hospitals
Charity**
Charity Registration Number: 1051543

