

Patient information factsheet

Thermoplastic splint instructions

We have written this factsheet to give you instructions on caring for your thermoplastic splint. We hope it will answer some of the questions you may have, but if there is anything you don't understand, a member of your healthcare team will be happy to explain further.

Patient's name:..... Date:.....

A made to measure thermoplastic splint has been made for you.....

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.

If you notice any red marks on your skin from wearing the splint, please contact your therapist as soon as possible so we can alter your 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 or 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:.....

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Contact us

Hand therapy team

Therapy outpatients

B level

West Wing

Southampton General Hospital

Tremona Road

Southampton

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Telephone: **023 8120 6459**

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