

# Soft Splint Instructions

## Hand Therapy Department

### WHEN TO WEAR YOUR SPLINT:

- 24 hours a day - Removing the splint could damage the injured area.
- 24 hours a day - except for therapy exercises and/or hygiene only
- At night and for protection e.g. Public transport, playground
- At night only
- At patient's discretion to assist with comfort/rest/function
- Other:

### USE OF HAND:

- No use of hand
- Light use with splint on
- Light use without splint
- Normal use
- No contact sports
- No heavy lifting
- Mobilise uninvolved joints
- Other:

### CLEANING YOUR SPLINT AND YOUR HAND (if instructed):

- When wearing your splint ensure that your hand and splint are kept dry.
- If you are required to keep your splint on 24 hours a day, ensure you cover your hand and splint to keep your hand dry when showering/bathing.
- Your splint can be washed in warm soapy water and left to dry naturally.

OR

- Your splint can be washed on a gentle wash in the washing machine. Ensure straps are fastened and REMOVE ALL PLASTIC OR METAL PARTS PRIOR.
- Leave to dry naturally.

### PRECAUTIONS

- Do not drive with your splint on, unless advised you can by your therapist.
- Do not operate machinery with your splint on.

**Contact your Therapist if your splint causes any of the following problems:**

- Pain
- Skin irritation/soreness
- Increased Swelling
- Splint rubbing
- If your splint feels loose when swelling reduces
- If your hand or fingers turn blue, feel cold, or tingle:
  - Check the straps are not too tight
  - Remove splint and seek medical advice if the symptoms continue.

If problems arise, please contact the Hand Therapy Department to arrange an appointment.  
Do not attend without an appointment.

In an emergency, seek medical advice from GP, local Walk-In-Centre or Accident & Emergency Department

Name of Therapist..... Date:.....

Other Information: .....

Contact Details: Ashford & St Peters Hand Therapy Departments

**Tel: 01784 88 4043**

**Opening Hours: Monday to Friday 8am to 4pm**

**Further Information**

We endeavor to provide an excellent service at all times, but should you have any concerns please, in the first instance, raise these with the Matron, Senior Nurse or Manager on duty. If they cannot resolve your concern, please contact our Patient Experience Team on 01932 723553 or email [asp-tr.patient.advice@nhs.net](mailto:asp-tr.patient.advice@nhs.net). If you remain concerned, the team can also advise upon how to make a formal complaint.

Author: Sarah Joyce

Department: Hand Therapy

Version: 2

Published: Mar 2020

Review: Mar 2022

**We can provide interpreters for a variety of languages, information in larger print or other formats (e.g. audio) - please call us on 01932 723553.**



اگر نیاز به ترجمہ دارید، لطفاً با شماره 01932 723553 تماس بگیرید۔  
 ਜੇ ਤੁਹਾਨੂੰ ਭਰਜਮੇ ਦੀ ਲੋੜ ਹੈ ਤਾਂ ਕਿਰਪਾ ਕਰਕੇ ਇਸ ਨੰਬਰ ਤੇ ਫੋਨ ਕਰੋ: 01932 723553  
 اگر آپ اس کا اردو زبان میں ترجمہ چاہتے ہیں، تو براؤزر میں اس فون نمبر 01932 723553 پر رابطہ کریں  
 Se precisa de uma tradução por favor contacte: 01932 723553

আপনার অনুবাদের দরকার হলে এখানে যোগাযোগ করুন : 01932 723553  
 यदि आपको अनुवाद की ज़रूरत है तो कृपया इस नंबर पर फोन करें: 01932 723553  
 Jeżeli chcemy, aby te informacje w innym języku,  
 proszę zadzwonić 01932 723553

**Ashford Hospital** London Road, Ashford, Middlesex, TW15 3AA Tel: **01784 884488**

**St. Peter's Hospital** Guildford Road, Chertsey, Surrey, KT16 0PZ Tel: **01932 872000**

Website: [www.ashfordstpeters.nhs.uk](http://www.ashfordstpeters.nhs.uk)