

Occupational Therapy Splint Instructions

Splint use

Splints are custom made. Therefore, it is important that you use your splint correctly. Please follow the instructions below. If you have further questions, please contact your therapist.

When to wear your splint

- All the time
- Night and rest periods
- Night time only
- Daytime: 2 hours on, 1 hour off
- _____
- _____
- _____
- _____

Cleaning your splint

- Your splint may be cleaned with alcohol
- For ink or difficult stains, use a cleaner with chlorine bleach and lukewarm water.

Precautions

- Your splint is made with a low temperature thermoplastic. It will lose its shape in temperatures above 130° F (as in a closed up hot car).
- Keep your splint away from open flames; it will burn.
- If your splint has outriggers or movable parts, it is important that there is a steady pull. Splints such as these should be checked frequently by your therapist to make sure it has the correct pull.
- Contact your therapist for any of the following problems:
 - Swelling
 - Pain
 - Reddened areas where the splint contacts the skin
 - Stiffness
 - Other concerns you may have