

## 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