

Child's Name: _____
ENumber: _____
Date of Birth: _____
Date: _____

Splint Care Instructions and Precautions

This splint was custom prepared for you. Please read the following instructions to prevent unnecessary problems related both to your child's comfort and to the properties of the splint.

When to wear your splint:

Build up wear time gradually. A little discomfort with splint wear is common as the splint will be providing a constant stretch to tight muscles.

Start by applying splint for 20-30 minutes, remove it, check the skin, replace the splint when normal skin colour returns. It is normal to have some minor colour changes, but these should return to normal after 20 minutes. Notify your therapist of any colour changes or irritation that do not return to normal skin colour after this amount of time.

Increase the wear time if evidence of pressure is minimal.

When tolerance for the splint has been established, and it can be worn comfortably for 4 hours, then use the splint according to the following schedule:

- Nighttime Only
- Day time, All the time
- Daytime _____
- Night and Day, All of the Time, except for exercises and hygiene.

Precautions:

- Keep your splint away from hot sun.
- Washing instructions:
 - Thermoplastic Splints can be wiped down with a wet soapy cloth. They should not be put in the washing machine or dishwasher.
 - Neoprene Splints can be washed as per washing instructions included with your splint.

Occupational Therapist