

Contact details

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Notes

Splints

Information Leaflet



What is a Splint?

Thermoplastic material moulded to your exact size to hold your hand/elbow/arm in a specific position.

Why do I have to wear it?

- To prevent/reduce pain by resting joints and stopping movement
- To prevent/reduce deformity during a period of healing
- To restrict movement after operations
- To assist function in some cases

Do:

- Remove straps and wash or wipe down splint in cool, soapy water
- Rinse the soap off well and dry properly as residue left on splint can irritate your skin
- Wear the splint as instructed by the therapist
- Contact your therapist if any of the splint's edges rub against your skin and cause redness or swelling—this can be fixed or padded to ensure proper fit
- Contact your therapist if your splint breaks or no longer fits exactly

Don't:

- Leave the splint in a hot car
- Put splint in hot water
- Leave splint on or near a radiator as the splint will lose its shape and no longer fit properly
- Try to alter your splint by yourself