

# Splint Wear and Care

## What is a Splint?

A splint is a custom-made device made for you to either protect, support, stretch or prevent undesired movement of an injured joint or bone while it heals. Your occupational therapist has provided you with a splint as instructed by your doctor.



## Splint Wearing Regime

- At all times except to remove the splint for exercises
- At all times including showers
- Only at night
- When using your hand for activities that can cause pain.

## Taking Care of Your Splint

- Simply wipe your splint daily with a damp cloth.
- Do not leave your splint in hot places (i.e. car, hot water).
- Do not adjust your splint in any way.
- Please schedule an appointment there is any redness, swelling, numbness, discomfort or increased pain with splint wear.

Contributed by Occupational Therapy, Rehabilitation, Allied Health Services

This brochure is produced for educational purposes and should not be used as a substitute for medical diagnosis or treatment. Please seek the advice of a qualified healthcare provider before starting any treatment or if you have any questions related to your health or medical condition.

Information shared is accurate as of December 2023 and subject to revision without prior notice.



Scan QR  
code to  
download  
e-brochure