

Hand therapy department

Splint wear instructions

Information for patients, relatives and carers

We have given you a splint to:

- relieve any pain
- position your hand in the best way to prevent problems like stiffness
- rest your joints
- help with healing after a trauma or surgery
- support a weak muscle or muscle group
- other _____

When to wear your splint:

- full-time (24 hours a day)
- daytime
- night-time
- for protection
- when exercising
- activities _____

Remove the splint to do your exercises

Remove the splint for a bath or shower

Remove the splint if it causes you problems

Precautions:

The splint can cause problems if the Velcro straps are too tight. Look out for these symptoms:

- fingers get cold
- pain
- blisters
- change of colour (for example, new redness)
- swelling
- sensation changes. For example, new symptoms of burning, pins and needles or numbness)

If any of these happen, loosen the Velcro straps and reapply them with less force. If the symptoms don't improve, contact your hand therapist straight away.

To look after your splint:

- keep it dry. It will not work properly if it gets wet.
- avoid leaving it in hot places. This includes direct sunlight, heaters, like radiators or electric heaters, and hot water. Heat will change the shape of your splint and it will no longer fit you properly.
- avoid open flames, like candles, gas hobs and lighters. Splints are made of materials that can easily catch fire. Be careful when you are wearing it and when you put it down.
- contact your therapist if you need to adjust your splint. Do not adjust it yourself.

Do not drive when wearing your splint, as it is unsafe to do so.

Your hand therapist might say you can take your splint off. If so, clean it with wet wipes or under cold water. Then dry your splint with a towel.

Please remember to bring your splint(s) to your next hand therapy appointment.

Useful contact details

To reschedule an appointment:

- 1) Phone: 020 3311 0333
Option 1: If your appointment is on the same day.
Option 2: If your appointment is another date in the future.
- 2) Email: appointments@imperial.nhs.uk

To contact a therapist: imperial.handtherapyimperial@nhs.net.

How do I make a comment about my visit?

We aim to provide the best possible service and staff will be happy to answer any of the questions you may have. If you have any **suggestions** or **comments** about your visit, please either speak to a member of staff or contact the patient advice and liaison service (**PALS**) on **020 3313 0088** (Charing Cross, Hammersmith and Queen Charlotte's & Chelsea hospitals), or **020 3312 7777** (St Mary's and Western Eye hospitals). You can also email PALS at imperial.pals@nhs.net The PALS team will listen to your concerns, suggestions or queries and is often able to help solve problems on your behalf.

Alternatively, you may wish to complain by contacting our complaints department:

Complaints department, fourth floor, Salton House, St Mary's Hospital, Praed Street
London W2 1NY

Email: ICHC-tr.Complaints@nhs.net

Telephone: **020 3312 1337 / 1349**

Alternative formats

This leaflet can be provided on request in large print or easy read, as a sound recording, in Braille or in alternative languages. Please email the communications team:
imperial.communications@nhs.net

Wi-fi

Wi-fi is available at our Trust. For more information visit our website: www.imperial.nhs.uk

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Published: January 2024
Review date: January 2028
Reference no: 821
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