

Splint Care Instructions

DO:

- **Do** follow your Doctor's Instruction.
- **Do** keep the splint clean and dry.
- **Do** elevate your splint if it begins to feel tight.
- **Do** cover your splint to prevent it from getting wet.

DO NOT:

- Do **NOT** put pressure through your splint as this may cause damage to the splint and disrupt healing.
- Do **NOT** put anything inside the splint. Scratching under the splint may break the skin and lead to infection.
- Do **NOT** get splint wet.
- Do **NOT** submerge the splint in water even with a cast cover on it. Cast covers are effective in keeping the cast/splint dry while showering but less effective when they are submerged in pools, hot tubs, bath tubs, etc.
- Do **NOT** put any powders, colognes, perfumes or air fresheners down on your splint. This may cause harmful skin reactions and lead to infection.

What to do for Swelling:

- **Elevation:** Elevate the hand above the level of your heart and if possible, wiggle the fingers to help move the swelling back towards your body. If you are having trouble wiggling the fingers on your own, use your other hand to gently move the fingers.
- **Massage:** Grasp the tip of the finger and slide your hand towards the wrist in a "milking" motion. Massage in ONE direction only for 5 minutes at a time.
- **Ice:** Cover splint with plastic and apply ice over the splint. If you do not feel this is helping, you may place the icepack in the front of the elbow or under your armpit to help cool the blood as it goes to your hand. Do **NOT** place ice directly on your skin, make sure there is a barrier between your skin and the ice to prevent skin injury.
- **NSAIDs:** Take NSAIDs (anti-inflammatories) as directed, these medications can help with pain and swelling.

What to do if the splint is too tight or too loose:

- If your splint feels too tight and the above recommendations for swelling do not help. You may carefully unwrap part of the ACE or coban wrap and re-wrap at a looser tension. When doing this **do NOT fully remove the splint** (white padding and hard plaster material), only adjust the ACE and coban wrap.
- If your splint feels too loose, you may use an ACE wrap to wrap **OVER** the existing ACE wrap or coban that is covering the splint. Do **NOT** remove the ACE wrap or coban during this step.

How to Bathe/Shower:

- Cover the splint with a "Cast Cover" or a plastic bag without holes and secure the end with a rubber band or tape. Do **NOT** use grocery bags as these are not effective. "Cast Covers" are manufactured to seal out water during bathing and can be purchased at medical suppliers or online retailers.

What to do if your splint gets "wet":

- Splints wet enough to have the skin underneath become wet requires a call to the office. Wet skin under a splint for an extended period may cause skin breakdown or infection.

When to Call the Office (405.692.3748):

- If the splint is too tight or too loose and the above recommendations do not improve the problem.
- Splint gets wet enough that the skin gets wet under the cast.
- Splint emits an unusual odor (mildew or mold).
- Splint begins to breakdown.
- Pain, swelling, numbness or tingling that is not alleviated by any of the above recommendations for swelling.
- Experiencing a burning sensation or feel a blister or sore developing inside the splint.
- Change in skin temperature (skin feels cold) accompanied by the pink color in the fingertips not returning after being squeezed (capillary refill).
- Development of a fever.