

How to Wear and Care for Your Splint

This splint was custom made for you. Please read these instructions to learn how to wear and care properly for your splint. If you have any questions about the splint, please call your therapist at (614) 293-8492.

When to wear your splint (check one):

- Always wear your splint. Removing the splint may cause damage to the injured area.
- Wear your splint except to exercise and bathe.
- Wear your splint at night and during rest periods only.
- Wear your splint during the daytime only.
- Other: _____

How to clean your splint:

1. Clean the splint with soap and lukewarm water and scrub it with a small brush.
2. Rub the inside of the splint with alcohol to reduce odor.
3. Hand wash the velcro straps and stockinette with lukewarm, soapy water and then air dry.

Learn more about your health care.

