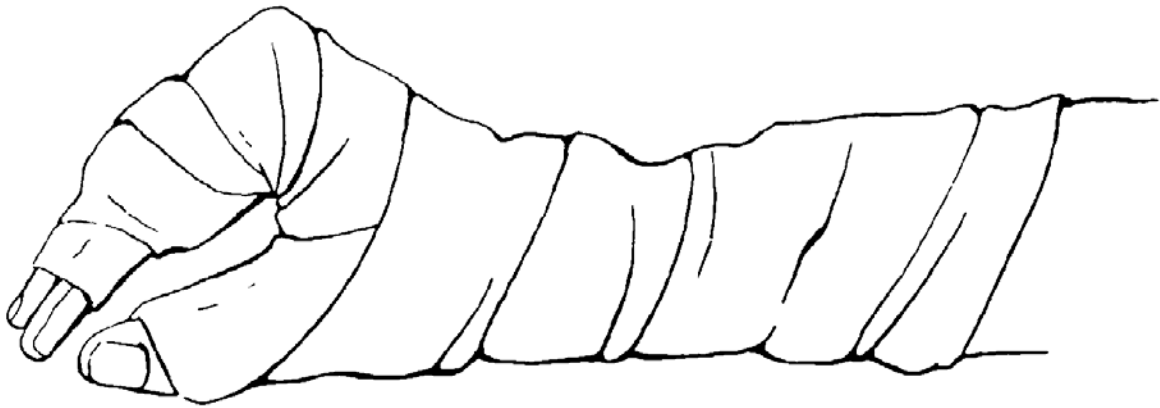


# Putting on Your Hand Splint

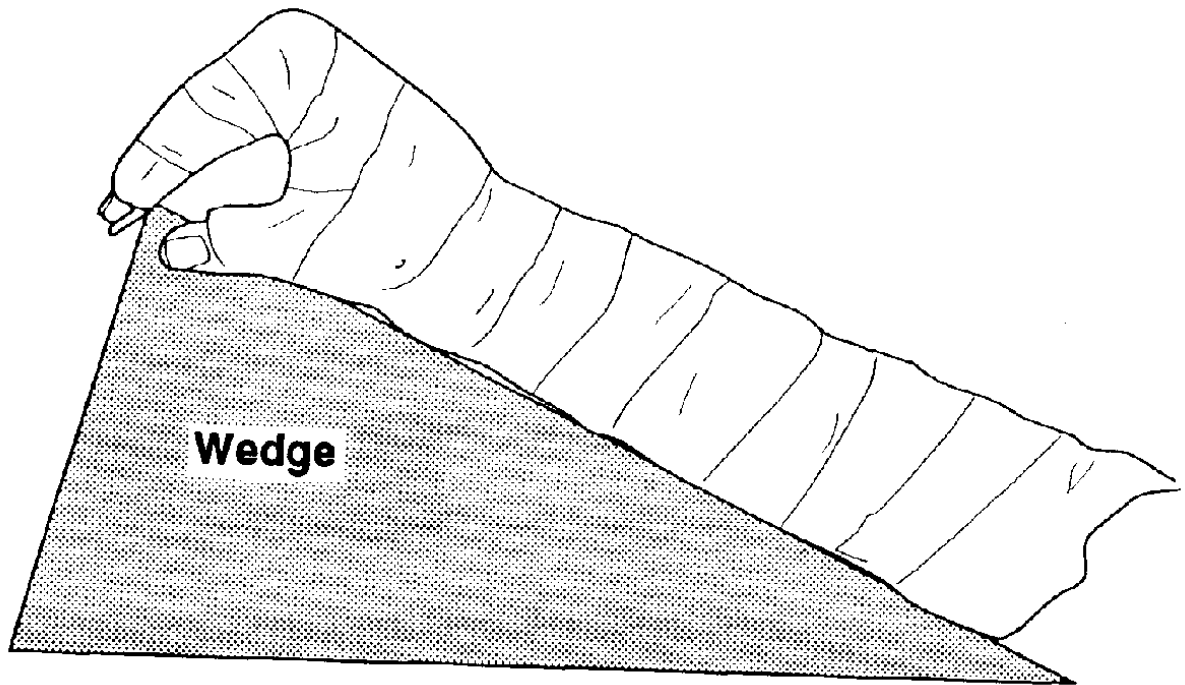
- Wrap the hand splint with an elastic bandage, starting at the fingertips and working toward the elbow.
  - Wearing Schedule:
- 



**Learn more about your health care.**

## **Hand and forearm swelling**

Put your hand and forearm up on pillows or a wedge as shown below, **at all times**, while in bed or when sitting.



- **Talk to your doctor or others on your health care team if you have questions. You may request more written information from the Library for Health Information at (614) 293-3707 or email: [health-info@osu.edu](mailto:health-info@osu.edu).**