



GIG
CYMRU
NHS
WALES

Bwrdd Iechyd Prifysgol
Aneurin Bevan
University Health Board

Care of Your Splint Thermoplastic Resting Splint

Rheumatology Service
Occupational Therapy



The splint was individually made for you. If you have any doubt as to its purpose please contact the therapist named below.

Name of splint Night Resting Splint

Right / Left

Purpose of splint

- To help reduce swelling
- To help reduce wrist / hand pain

When to wear the splint

Wear for 30 minutes initially and then check skin for red areas / skin reactions

If comfortable

- Wear in the evening before trying overnight
- For Night and Rest periods only
- Alternate right and left splints if you have one for both hands

Precautions

1. Should you experience pins and needles, red areas from rubbing or an allergic reaction from the splint please stop wearing it straight away and contact the therapist below.
2. Do not adjust your own splint. Contact the therapist who has made the splint.
3. The material your splint is made from is flammable but presents no more risk than your clothing.
4. Do not leave splint where it is exposed to temperatures above 60° as this will alter its shape.

Cleaning

1. Your splint may be washed by hand in warm – not hot – soapy water. (40°)
2. Do not put in the washing machine / tumble drier.
3. Ensure your splint is completely dry before wearing.

Therapist:

Date of Issue: -Review Date: -

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Mae'r ddogfen hon ar gael yn Gymraeg**