

Care of Your Splint Wrist Brace

Rheumatology Service Occupational Therapy



Care of Splint

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

Name of splint Wrightington Neobrace
Right / Left
Small / Medium / Large/Extra Large

Purpose of splint

- To help reduce wrist swelling
- To help reduce wrist / hand pain
- To provide wrist support during hand function

When to wear the splint

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

- Night and rest periods only
- Daytime
 - Up to 6 – 8 hours continuous
 - 2 hours on / 2 hours off
- During daily life activities

Unless otherwise instructed, do not wear splint all day as this may result in increased weakness and wrist pain.

Precautions

1. Should you experience pins and needles, red areas from rubbing or an allergic reaction from the splint please stop wearing it immediately and contact the therapist below.
2. Do not adjust your own splint.
3. We advise you to inform your Insurance Company if you wear your splint when driving.
4. The material your splint is made from is flammable but presents no more risk than your clothing.

Cleaning

1. Your splint may be washed by hand in warm – not hot – soapy water. Remove the metal post first.
2. Do not put in the washing machine as this may cause it to change shape.
3. Do not put in the tumble drier.
4. Ensure your splint is completely dry before applying.

Therapist:

Date of Issue:- Date of Review:-

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