



### ***Care of Splint***

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

***Name of splint*** Procool Wrist & Thumb brace

Right / Left      Small / Medium / Large/Extra Large

### ***Purpose of splint***

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

## ***When to wear the splint***

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

- Daytime 2 hours on / 2 hours off
- During daily life activities
- Other .....

## ***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 clothes.

## ***Cleaning***

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

## **Therapist:**

Date of issue:- .....

Review date:- .....