



GIG
CYMRU
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WALES

Bwrdd Iechyd Prifysgol
Aneurin Bevan
University Health Board

**Information for Patients
Care of Your Splint
Wrist & Thumb**

**Rheumatology Services
Occupational Therapy**



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 Pro Rheuma 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. Remove the metal posts first.
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: -