

## **Splint Instructions**

### **What is a splint?**

A splint is a positioning device. It is often used to limit motion. Sometimes it is used to hold a stretch for a long time. Your therapist or doctor will tell you when your child should wear the splint.

### **How do I care for it?**

- The splint can be gently washed with lukewarm water and dish soap. **Do not use hot water** to wash the splint. **Too much heat could soften the plastic.**
- All parts of the splint can be washed, but you should wash the Velcro straps separately.
- Be sure to let the splint dry completely before putting it on again.
- If sweating is a problem, talk to your child's therapist.

**Note:** Check your child's skin when you are washing or bathing your child.

**ALERT:** Call your child's doctor, nurse, or Occupational Therapy department if you have any questions or concerns or if your child has:

- Red marks on the skin that last longer than 20 minutes after the splint is taken off.
- Special health care needs that were not covered by this information.

**This teaching sheet is meant to help you care for your child. It does not take the place of medical care. Talk with your healthcare provider for diagnosis, treatment, and follow-up.**