

Soft Splinting

This leaflet gives more information on the practicalities of wearing a soft splint. If you have any further questions or concerns, please speak to your hand therapist using the contact details given at the end of this leaflet.

Why have I been given this splint?

- To provide light support and gently restrict movement at your joints.
- To make your joints more comfortable so that you can use your hand for daily activities.

What should the splint feel like when I am wearing it?

- When the straps are fastened the splint should feel secure, but not tight.
- If your hand is tingling, cold or feeling numb, the splint may be interfering with your blood or nerve supply. Try loosening the straps. If symptoms persist, take the splint off and contact your therapist on the number given below.
- The splint should feel comfortable and supportive on your hand. It may take time to get used to the feel of the splint.

When should I wear the splint?

Your splint should be worn as directed by your hand therapist. The instructions for use are as follows:

How do I care for my splint?

- If your splint gets dirty, you will need to wash it using cool water and a gentle soap. You may hand wash your splint or wash it on a gentle cold cycle in the washing machine.
- If your splint has a metal bar in it, remove this bar prior to washing it.
- Dry your splint away from direct heat to avoid damaging the fabric.
- Make sure that your splint is completely dry before using it as a wet splint can damage your skin.

Contact us

If you have any questions or concerns about the information provided in this leaflet, please feel free to discuss them with your therapist at your next appointment. For more urgent queries the team can be contact on the **treatment enquiries** phone number listed below.

Your therapist's name is: _____

Treatment enquiries: 020 8725 1038 (answer phone only)

Appointments: 020 8725 0007

For more information leaflets on conditions, procedures, treatments and services offered at our hospitals, please visit www.stgeorges.nhs.uk

Additional services

Patient Advice and Liaison Service (PALS)

PALS can offer you on-the-spot advice and information when you have comments or concerns about our services or the care you have received. You can visit the PALS office between 9.30am and 4.30pm, Monday to Friday in the main corridor between Grosvenor and Lanesborough wings (near the lift foyer).

Tel: 020 8725 2453 **Email:** pals@stgeorges.nhs.uk

NHS Choices

NHS Choices provides online information and guidance on all aspects of health and healthcare, to help you make decisions about your health.

Web: www.nhs.uk

NHS 111

You can call 111 when you need medical help fast but it's not a 999 emergency. NHS 111 is available 24 hours a day, 365 days a year. Calls are free from landlines and mobile phones.

Tel: 111

AccessAble

You can download accessibility guides for all of our services by searching 'St George's Hospital' on the AccessAble website (www.accessable.co.uk). The guides are designed to ensure everyone – including those with accessibility needs – can access our hospital and community sites with confidence.



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