

# Purchasing Hand Therapy Equipment

This leaflet is for patients under the care of Hand Therapy at St George's Hospital and whose therapist has recommended purchasing items for specific, on-going hand therapy rehabilitation. This leaflet does not include instructions on how to use the equipment, only on purchasing it. Your therapist will give you specific instructions on how to use the equipment separately to this leaflet, if needed.

Orders for any recommended equipment can be made over the telephone or online and can be posted directly to your home address. You will need to call or look online to find out the product pricing.

## Scar Management

### Mini scar massager

A mini massager is useful for scar massage and reducing scar adherence post-surgery or injury. It is also beneficial if your scar is sensitive. Two recommended massagers are listed below:

- Roylan Scar Management Mini Massager - compact with interchangeable heads.
- Wahl Flex cordless massager – rechargeable, larger in size.

### Silicone products

Silicone gels, creams and sheets are often recommended to help the appearance and outcomes of scars after injury or surgery. They improve the appearance, colour and texture of scars by hydrating the skin, regulating collagen production and flattening raised scar tissue. Two recommended products are listed below:

#### Silicone Gel

- Scarsil – a topical medical-grade silicone gel used to flatten, soften and reduce the redness of scars.

#### Silipos finger sleeves

- compression sleeves designed for the fingers. They contain a mineral oil lining which can help to hydrate skin and flatten/soften scar tissue.

## Oedema Management

### Self-Adhesive Tape Finger Tape (Coban/Dema Wrap)

Self-adhesive finger tape is used to decrease the swelling in your hand and / or finger. It can be re-used multiple times until it loses its stickiness or stretch. It comes in different widths, so do ensure you order the one specified by your therapist:

Width required: 1" / 2.5 cm **OR** 2.5" / 5 cm

### Comfi-fast or Tubigrip

Comfi-fast and Tubigrip are tubular bandages that can be worn under a splint. They can be used for comfort, to protect dressings on your hand / arm or to help reduce swelling. Both products can be washed and re-used.

Comfi-fast comes in a variety of colour codes; blue is usually recommended for use on the hand/forearm.

Tubigrip comes in a variety of sizes, so ensure you order the size specified by your therapist (as circled below):

Suggested size:

Tubi grip: A / B / C / D / E

Comfi-fast: Green / Blue / Yellow

## Splinting

Your therapist may ask you to purchase a specific splint to manage your ongoing rehabilitation. A list of the different types of splints is available below:

**Capner splint** – a capner splint is worn on the finger and provides a gentle, sustained stretch to straighten the proximal interphalangeal (PIP) joint, while still allowing you to actively bend your finger to grip items.

- Rolyan Sof Stretch Short Finger Extension Splint
- Size required \_\_\_\_\_

**Oval 8 splint** – a lightweight, waterproof and durable molded plastic brace used to stabilise or immobilise the small joints of the fingers and thumbs.

- Size required \_\_\_\_\_

## Useful sources of information / suppliers

This is not an exhaustive list. Please use your preferred retailer if you have one that is not on this list.

1. Boots  
Tel: 0845 609 0055  
[www.boots.com](http://www.boots.com)
2. Medisave  
Tel: 0800 804 6447  
[www.medisave.co.uk](http://www.medisave.co.uk)
3. Performance Health  
[www.performancehealth.co.uk](http://www.performancehealth.co.uk)
4. Health and Care UK  
[www.healthandcare.co.uk](http://www.healthandcare.co.uk)
5. Medical Supplies UK  
[www.medicalsupplies.co.uk](http://www.medicalsupplies.co.uk)
6. Amazon  
[www.amazon.co.uk](http://www.amazon.co.uk)

## Questions

If you have any questions regarding 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 contacted on the **treatment enquiries** phone number listed below.

Your therapist is: \_\_\_\_\_

**Treatment enquiries:** 020 8725 1038

**Appointments:** 020 8725 0007

**Email:** [handtherapy@stgeorges.nhs.uk](mailto:handtherapy@stgeorges.nhs.uk) (treatment queries only)

**Email:** [therapiessupport@stgeorges.nhs.uk](mailto:therapiessupport@stgeorges.nhs.uk) (appointment rebooking/queries)

Or scan  
here



## 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](mailto: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](http://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 our services by searching 'St George's Hospital' on the AccessAble website ([www.accessable.co.uk](http://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.



**Reference:** THE\_HTE\_04 **Published:** September 2026 **Review date:** September 2028